Women

BRIER WIVES MEET HOSTS

A reception and dinner for women who are visiting in the city during Brier week was held at the Charlottetown Hotel Tuesday evening. Receiving above are beginning left, Mrs. Douglas MacKean, Mr MacKean manager of the Charlottetown store of Eatons of Canada who sponsored the reception; Mrs. David Stewart; C.W. Peters, of the Canadian Imperial Bank of Commerce who hosted the dinner, and Mrs. Peters.

IDA BAILEY ALLEN

Song Book Inspires Two Budget Recipes

MY GRANDDAUGHTERS and I spent a snowy afternoon indoors, fascinated by the newly published "Josh White Song Book," which includes 57 famous songs sung by this foremost American folk music artist.

The accompaniments for piano and guitar were of great interest to Lynn, who is studying guitar, and also to Diane, for the two young girls often sing together.

"You're always picking up topics to write about in the oddest places," said Diane, "but I bet you can't find one in this song book!"

MEATY MELODY

Three minutes later, I found the song, "One Meat Ball", about a man in a restaurant who "read the menu through and through to see what 15 cents would do". It turned out to be "just one meat ball"—and nothing else!

A note told us that the "meat ball" version follows the "Lay of the Fish Ball" song of 1850.

So in today's column we're featuring budget-wise recipes for both of these homey favorites that cost less than 15 cents apiece—with a bow to Josh White and his book!

TOMORROW'S DINNER

Shredded New Cabbage Salad
Olive Cream Dressing
Beef Balls or Fish Balls
with Spinach
Buttered Macaroni Shells
Warm Gingerbread
New England
Lemon Sauce
Coffee Tea Milk

Measurements level; recipes for 6

BEEF BALLS WITH SPINACH

½ c. milk
½ c. soft bread crumbs
¼ c. fine-chopped raw bacon
1½ lbs. twice-chopped chuck of beef
1 tsp. lemon juice
1½ tsp. scraped onion juice
1 tsp. Kitchen Bouquet
1 tsp. salt
¼ tsp. pepper
2 tbsp. flour
Vegetable oil
1½ c. well-seasoned bouillon
2 lbs. cooked spinach, chopped
Cornmeal crisps

Combine milk and crumbs. Stir together into a paste. Add the bacon, meat, lemon juice, onion juice, Kitchen Bouquet, salt and pepper.

Form into balls containing 2 tbsp. each. Roll lightly in the flour. Saute (fry) in the oil until lightly browned. Remove to a casserole.

To the drippings in the fry pan add any remaining flour. Stir in the bouillon; bring to a boil, pour around the meat balls. Close cover.

Bake 30 min. in a mod. oven, 350 degrees F.

To serve, arrange a bed of the cooked spinach on a heated, large, deep platter. Top with the meat balls. Garnish with cornmeal crisps.

OLD FASHIONED FISH BALLS

1 c. shredded salt cod fish
2½ c. smoothpacked butter
1 egg, beaten light
2 tsp. minced parsley
½ tbsp. butter
¼ tsp. pepper
2 tbsp. cream
Egg wash
1½ c. fine dry bread crumbs

Cover the cod fish with boiling water. Simmer 20 min: to remove excess salt, then drain as dry as possible.

Whip into butter with egg, parsley, butter and pepper. If more moisture is needed, add the cream. Cool.

Shape into flat cakes containing 2 tbsp. each. Dip in egg wash (previously columned), then in fine dry bread crumbs and fry in deep vegetable fat at 370 degrees F. Drain on crumpled paper towels.

Serve garnished with broiled bacon or accompanied with poached eggs.

THE CHEF'S SHREDDED NEW CABBAGE SALAD

¾ c. dairy sour cream
1 tbsp. lemon juice
½ c. sliced stuffed olives
¼ tsp. seasoned salt
1 qt. fine-shredded crips raw cabbage (packed down)
4 halved whole stuffed olives
Sprigs watercress

Stir together sour cream, lemon juice, olives and seasoned salt. When well mixed, toss with the cabbage.

Arrange in a bowl; garnish with the whole stuffed olives and sprigs of watercress. Et voila!

by Anne Adams

GAY LOOK-ALIKES

Seeing double is delightful — mom and daughter make such a pretty pair in gay dresses with rick rack. Two patterns — both easy to sew.

Printed Pattern 4850: Misses' Sizes 10, 12, 14, 16, 18

Printed Pattern 4851; Child's Sizes 2, 4, 6, 8.

FIFTY CENTS (50 cents) in coins (no stamps, please) for each pattern. Ontario residents add 2 cents sales tax. Print PLAINLY SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Guardian - Patriot Pattern Dept., 60 Front Street West, Toronto 1, Ont.

MARY HAWORTH

Teenager Cannot Bear Her Aunt's Hostility

Dear Mary Haworth: Shortly after I was born 13 years ago my parents separated. I was very happy with my mother until I was nine. Then she died and I had to live with my father.

I spent three miserable years with him; then in May, 1963, I ran away. I had to go live with my uncle in New England.

All went well for a couple of weeks; then my aunt started treating me like aunt. And she calls the mothers of all my friends and tells them lies.

Now I am very homesick and I want to live with my grand mother, but I can't because I am afraid that I will hurt my uncle. I am very worried. Please advise me, right away, through the newspaper.

—M.H.

Dear L.Y.: If your uncle is the right sort of man, kind-hearted, fair-minded and trustworthy, he won't put his sentimental feelings ahead of your best welfare.

For example, if he cares enough, in helpful spirit, to feel distressed if you were to leave his home, to live with your grandmother for the sake of peace, then I am sure he is already secretly distressed about his wife's hostile treatment of you.

Therefore, I venture to think he might feel deeply relieved, even thought privately melancholy too, if you could manage somehow to come under your grandmother's wing.

As this is my view, I am hereby encouraging you to try to bring your homesick hunger for mother- love to the attention of your grandmother. One way to do it is to write her a note, enclosing a clipping of this article, asking her if she will invite you for a visit, so that you may talk things over with her.

When you've done that, if she comes to the rescue by giving you a home with her, the problem will thus be settled (we hope).

But if, for any reason, she can't take you, or won't head up a campaign to find a good home for you, then I urge you to reach out into the community, right where you are, to find influential adult friends, who will help you to bear or ease your heartaches.

Take a put it this way: let's say you are engaged in a search for a good angel. Where to turn? Well, try the pastor of the neighborhood church of your choice. Or the teacher of the Sunday School class to which you'd be assigned if you were a churchgoer.

Also, try the information desk at the local YWCA (if any); ask if there is a "Y" counselling service for teenagers with problems, and when and how you can make an appointment for a private interview.

Even if you're never been a girl scout or mightn't be considered of an age to join now, check around to see if there is girl scouting activity in your community. If there is, locate the scout leader who will be sympathetic to your needs of adult friendship and understanding, and ask her help in getting your bearings, in dealing with your considerable problem of loneliness.

Possibly there is a student advisory set-up at school, whereby a psychologist, principal or other special authority works with anxiety- ridden students, to give them a sense that somebody cares and is willing to help, when their problems weigh too heavily.

If such a set-up exists, don't be afraid to give it a chance to help you. It possibly might open doors to a whole new field of growth- opportunities for you. Remember the folk saying: "Nothing ventured, nothing gained."

—M.H.

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

Household Hints

Treat your juvenile mud- pie makers to a bowl of thick soap or detergent suds "frosting" Whip it up with an electric mixer and tint with food colors.

When washing crystal and delicate china, line the dishpan with a terry towel. The soft fabric acts as a cushion guarding against chips and scratches.

HAPPENINGS

Audrey Jenkins, Women's Editor; Phone 4-8508

Mr. and Mrs. Ronald MacArthur, Summerside, were in Sackville, N.B., Sunday, attending an executive meeting of the Maritime Professional Photographers. Donald Sears, Summerside and Wendall MacKay, Charlottetown, also attended.

The Clinton Women's Institute sponsored a social evening at the home of Mr. and Mrs. James MacKay, Friday evening, February 28, which proved to be both a social and financial success.

Chairman Robert Heaney, announced the following program: — instrumental music, Mr. and Mrs. Claude Barnett and Fred Bertram; a contest, "Motor Romance", conducted by Mrs. Robert Heaney; reading, Mrs. Stirling MacKay; a marshmallow stunt, Mrs. Welrum MacKay; an auction sale of home cooking and sewing, by Hec Anderson; fun and nonsense, Mrs. Johny Campbell; reading, Mrs. Horace Paynter; instrumental music, Douglas Paterson; musical contest, Mrs. Horace Paynter; contest, Mrs. Ivan Pickering.

Refreshments were served, and the reminder of the evening was spent in dancing to music furnished by Mr. and Mrs. Claude Barrett, Fred Bertram, J.E. Doucette and Armel Taylor.

Breadalbane's Annual World Day of Prayer was held in the Presbyterian Church when the worship service was led by Mrs. Stanford Glover. Mrs. William Graham was organist.

Mrs. Paul Davies and son, Peter of Halifax, are guests of Mrs. Davies' parents, Mr. and Mrs. J.H. Cerry, Brighton Road.

Mr. and Mrs. J.B. Larkin, 21 North River Road, entertained Tuesday and Wednesday evening of last week in honor of their son John and his bride, the former Sharon Wall of Ottawa.

Mrs. Larkin was assisted by Mrs. Cecil Palmer, Mrs. Ernest White and by her daughter Jane.

A shower honoring Mr. and Mrs. John Larkin was hosted by the former's aunt and uncle, Mr. and Mrs. Laurie Birch, Port Hill. Following an evening of music and dnacing, refreshments were served by the hostess assisted by Mrs. Freeman Webster and Mrs. C. Palmer.

Byron Burns of Burns' Jewellers returned to Charlottetown Tuesday from Toronto where he attended the annual Canadian Jewellers Convention and Spring Gift Show at the Royal York Hotel.

The provincial branch of the Canadian Society of Labratory Technologists was honored to have as guest speaker at their monthly meeting Dr. J.C. Pond, haematologist, Saint John, N.B. The meeting, held in the Conference Room of the Provincial Laboratories was attended by approximately 30 medical laboratory technologists.

Dr. Pond chose as his topic "Present Trends in Laboratory Haematology." He stressed the use of quality control as a requirement for accuracy and efficiency in each of the laboratory sections.

Dr. Pond graduated from medical school in London, England in 1951. He is a specialist in both internal medicine and pathology and is also the consultant haematologist to laboratories in Saint John as well as to the DVA Hospital in Lancaster, N.B.

Mrs. Peter A. Kelly, Yonkers, N.Y., is visiting her mother, Mrs. Mary C. MacEachern, Bear River.

ELLEN'S DIARY

March Storms Develop Without Much Warning

So March is come: the unpredictable month: moody: now vivacious, smiling, happy. Again, changing suddenly for no reason at all, indifferent, sullen, even treacherous.

Yet welcome, we would say. Blessed are farms for the added hours of day-light it gives, for the earlier lifted twilight of the daybreak, and evenings lingering bright on the farmlands. Days beautifully sunlighted, we shall have. Odd March storms too we may expect. Warily, we think, we shall watch those first snowflakes. If abroad we shall turn at once homeward. If at home, no matter how exciting some proposed outing may promise to be, we shall remain by its hearth. Because March - storms develop quickly, and sometimes with little warning, catching folks unaware. Nevertheless, even those, like the lovely March days, move us on toward spring. How pleasant the thought! Will the month return us a first run of wild geese? Will the pussy willows blow? In any event, the frosty bands forged by winter will be broken. There are a million blossomings ahead.

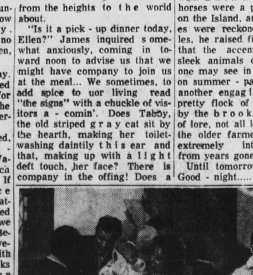
But still the drifts keep. We saw a small figure climb to a high peak in the yard today, to look down smilingly from the heights to the world about.

"Is it a pick - up dinner today, Ellen?" James inquired somewhat anxiously, coming in toward noon to advise us that we might have company to join us at the meal... We sometimes, to add spice to our living read "the signs" with a chuckle of visitors a - comin'. Does Tabby, the old striped gray cat sit by the hearth, making her toilet-washing daintily this ear and that, making up with a light deft touch, her face? There is company in the offing! Does a palm — the right one, itch warmly? It is but an indication of a welcoming handshake extended, to a visitor. Does the dish-cloth fall from a hand? There will be an extra cup and plate to set presently! Perhaps the front door swings open without the touch of a human? You can be sure, that somewhere,' someone wishes he, or she, were here." Or maybe at a meal, she accepting a helping of bread, looks down to her plate to notice, she has not eaten the piece she had. Ah, ha, the thought comes, she will be sharing food with some hungry one before the day is done!

"More or less" we replied to James' query.

Our guest at dinner is a farmer — a man wise and well experienced in his occupation. One who has fruitful fields — not altogether because this condition "just comes naturally", but that he knows how to use them well. Back in the years when horses were a proud cash crop on the Island, and a farm's richness was reckoned by its stables, he raised fine ones. Now that the accent is on cattle, sleek animals of the cow-kind, one may see in his stables, and on summer - pasture. And in another engaging pastoral, a pretty flock of sheep summers by the brook. What a wealth of lore, not all learned of books, the older farmers have! What extremely interesting tales from years gone by!

Until tomorrow — Diary — Good - night.....



FAMILY FALL-GUY, James Stewart, playing the long-suffering father in 20th Century-Fox's lampoon of family, togetherness, "Mr. Hobbs Takes A Vacation," returns to the kind of comedy-with-a-heart that made him a national institution. Co-starring Maureen O'Hara, Fabian, Lauri Peters, John Saxon and Marie Wilson, the Cinemascope - Deluxe Color comedy opens Today at the Capitol Theatre.

DOW'S RESTAURANT

Full Course Meal

Minute Steak . 99c

Including Soup, Coffee, Dessert.

WOMEN'S ORGANIZATIONS

Handiwork Completed By Corran Ban CWL

Approximately 166 items of sewing, knitting or quilting have been completed by the Corran Ban Parish council of the Catholic Women's League for welfare work.

This was reported at the Feb. meeting held at the home of Mrs. Lloyd McIntyre.

With Mrs. A. Morrison presiding, executive and other reports were heard. The entertainment committee reported that $100 has been paid to the church fund. Card tournaments in the home have been successful fund - raisers.

The annual meeting of the Catholic Social Welfare was reported upon by Mrs. A. Morrison and Mrs. L. Bradley.

The Catholic Youth Organization was discussed and plans were made to visit institutions.

Spiritual discussion was centered around a timely and thought provoking letter from spiritual convener Mrs. B. V. Desroche and was led by the director, Rev. Parnell Wood.

Lunch was served by the hostess.

MORELL UCW

The Feb. worship service of Unit One, Morell United Church Women was led by Mrs. Ruthven MacDonald who took as her theme "Spirit of the Living God."

Scripture from John was read by Mrs. Robert MacKinnon and the meditation by Mrs. Clarence MacEwen. Mrs. Lyman MacEwen offered prayer.

During the business session it was agreed to donate money toward the purchase of new choir gowns.

The report on a recent pantry sale was given by Mrs. Charles Mosher, and the UCW Presbyterial report by Mrs. James Blaxland.

Refreshments were served.

MURRAY HARBOUR UCW

Mrs. Luther Herring entertained the members of the Murray Harbour United Church Women at her home. Worship on the theme "Training for Witness" was led by Mrs. H. L. Machon. Several members assisted in the reading of scripture passages. The offering was received and dedicated, followed by the Mizpah Benediction.

Ten members answered roll call with a verse of scripture containing the word "faith". Mrs. Nathan Irving presided.

Mrs. R. P. Brooks and Mrs. Irving reported on the annual meeting of the P.E.I. Presbyterial held in Heartz Hall.

It was reported that Mrs. Machon and Mrs. Irving had completed a quilt for shipment to the Overseas Clothing Depot in Toronto. It was suggested that if more quilt squares should be handed in, a crib quilt could be made.

A budget for 1964, prepared by the Finance Committee, was presented by Mrs. R. P. Brooks, chairman.

Mrs. John Machon conducted an enlightening programme entitled "Women of India" which was followed by a question and answer period.

Lunch was served by the hostess.

by Alice Brooks

SNAPPY WRAP!

Live in and love this pretty wrap with a rose pocket. Easy to make—opens flat to iron.

Apron or sundress Whip up this wrap of thrifty remnants. Pattern 7135; misses' pocket transfer; printed pattern, sm., med., lge. **State size.**

Thirty- five cents (coins) for this pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 60 Front Street West, Toronto 1, Ont. **Ontario residents add 2 cent sales tax.** Print plainly **PATTERN NUMBER, NAME, ADDRESS.**

WCTU Tour Is Described By Mrs. Earlton Bourne

One of the events of Centennial year for island women took place in Heartz Memorial Hall Monday evening, when a large audience listened with pleasure to Mrs. Earlton G. Bourne, Regina, Sask., Canadian and World superintendent of the status of women and citizenship for the Woman's Christian Temperance Union.

Mrs. Bourne told of a trip last October and November to New York, London, Paris, Rome, Cairo, Palestine, and Lebanon, to attend a World Temperance Congress in New Delhi, India.

In a group of 18 women from Canada and U.S.A., Mrs. Bourne spent several days touring each country enroute, on the world - circling trip.

The vast sub - continent of India has as its goal, total prohibition, and already 43 States of India are dry.

The government of India neither sells or serves intoxicants, and because the western embassies of our "Christian" countries do, the task of the Indian Christian is greatly increased.

Total abstinence is the goal of Asiatic countries, and Japan is a close second to India in her efforts to control the use of intoxicants; the rapid progress in Asia reflects their ability to benefit by mistakes in the west.

On a recent trip to the Caribbean, Mrs. Bourne visited WCT

H. BENNETT CARR

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MAKE YOUR OWN QUILTS

Instructions and patterns for 16 prize quilts are given in our new Quilt Book. The lovely Dutch Tulip design shown above is included in this unusual variety of pieced and appliqued quilts. In addition, there is also given for the first time, a pattern for a presidential quilt. The original of this treasured heirloom is in the Smithsonian Institution in Washington.

Complete instructions, block charts and fabric ideas are given in the book.

Send for your copy immediately and join the ever - popular Quilters Club.

To obtain this exclusive, new, 4-color Quilt Book, **send SIXTY CENTS** (in coins) to Guardian Patriot Needlecraft Dept. 60 Front St. W. Toronto 1, Ont. **Ontario residents add 2 cents sales tax.**

Unions in Trinidad, Tobago, Jamaica, Antigua and Barbados; on the return trip to New York, she spent several days in Bermuda. Slide pictures of the Islands spoke volumes of the natural and man - made beauties of the nearest part of the Commonwealth south of the Maritimes.

Wife of a past - president of Canadian Curling, Mrs. Bourne and her husband are here to attend the Brier, and have been guests at the Charlottetown Hotel since Friday last.

Co - chairmen for the meeting were David Boswell, director of alcohol studies for the provincial department of education and Mrs. J. Gordon MacDonald. The members of York WCTU conducted the opening worship.

Rev. J. G. E. Ball dismissed the meeting with the benediction; coffee was served by Trinity UCW in the social hall of Trinity Church.

FOUR DRAMA ENTRIES

REGINA (CP) — Four plays will be staged March 12-14 in the Saskatchewan region of the Dominion Drama Festival— Jean-Paul Sartre's No Exit by Regina Campus Drama Club; Tennessee Williams' Glass Menagerie by Weyburn Community Players; Henrik Ibsen's Ghosts by Swift Current Little Theatre, and a modern Greek comedy, Rape of the Belt, by Regina Little Theatre.

TO LEGALIZE SEX SURGERY

BONN (Reuters)—The West German government is planning to introduce a bill legalizing voluntary sterilization and castration. It was announced Wednesday.

PURITY DAIRY

"Parents Prefer Purity Products"

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Buy RIGHT WRIGHT shoes

Anniversary Is Observed

On an evening in February, Mr. and Mrs. Patrick Murphy, Georgetown, were surprised to see arriving from Bay Fortune (over very doubtful roads) the latter's father, William Fisher, (88 years young), and members of his family. Other Georgetown relatives continued to arrive and only when the chorus "Happy Wedding Anniversary" was heard did the Murphies learn the reason why so many friends were arriving.

Family sponsors of this happy event, Lawrence; Helen, Marion and husband Gordon Lavers assisted by Mrs. Alice MacKinnon and Mrs. David Lavers, were late arriving but brought in a complete hot turkey dinner.

Genevieve Soleman sent, with her best wishes, a decorated cake, complete with bride and groom.

Toasts were proposed, congratulating Mr. and Mrs. Murphy on their 25 years of happiness, and wishing them many more to come.

While the other guests were being served, Mrs. James Banks played excellent toe-tapping music on the violin.

The not - so - young guests; were happy to have recalled a phase of the "good old days", which since the advent of television appears to be fading into the background.

Prince Edward Island Teachers' Federation

EDUCATION WEEK TV PROGRAM

FRIDAY, MARCH 6, 7.20 - - 7.50 P.M.

"An Appraisal of our Regional High Schools"

—PANEL MEMBERS:—

Mr. Lorne Moase, Principal, Kensington R.H.S.
Sr. Mary I MacDonald, Principal, Kinkora R.H.S.
Mr. Charles Campbell, Principal, Morell R.H.S.

—MODERATOR:—

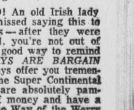
Mr. Thomas Hall, President, P.E.I.T.F. and Principal, Athena R.H.S.

CONFIDENTIALLY YOURS

by Barbara Brent

MONTREAL, March 5th—In just ten months we'll all be Christmas Shopping! That's why I suggest it's a good idea—now—to open a Special **Christmas Savings Account** at your local branch of the BANK OF MONTREAL. Then, when Christmas comes, buying gifts will be a genuine pleasure . . . and no after-Christmas bills to worry about. Relieved of this nagging worry, your mood will match the merry sound of jingle bells. Do open a separate Christmas Savings Account at "My Bank". It will guarantee that ten months from now you'll enjoy the happiest Yuletide ever. Why not drop in at your neighbourhood B of M branch tomorrow?

BRAND NEW ON THE MARKET—and a bright idea, too—is a gentle new laxative for children. FEEN-A-MINT CHILDREN'S MINT Laxative comes in attractive pink pastille form, can be chewed or sucked. Children's Mint Laxative has been developed by Pharmaco (Canada) Ltd., the makers of the well-known Feen-a-Mint. If your tykes need a laxative now and then, and they rebel against ordinary forms, I suggest you try this Feen-a-Mint Children's Mint Laxative. It is gentle, predictable . . . and tastes good! Available at your neighbourhood drug store.



ANY COLOR . . . SO LONG AS IT'S RED! An old Irish lady I once knew never missed saying this to dress shop assistants—after they were out of ear-shot! Well, you're not out of ear-shot, and it IS a good way to remind you, CN'S *RED DAYS ARE BARGAIN DAYS!* Canadian National's Red Bargain Days offer you tremendous travel savings and luxury. On both the Super Continental and Ocean Limited, you and your family are absolutely pampered. On Red Bargain days, save lots of money and have a fun trip. Don't just travel. Go CN . . . The Way of the Worry Free!

ALMOST ANY TIME IS PANCAKE TIME . . . when you can bake pancakes so quickly and easily the MONARCH TEA-BISK way! Pancakes, muffins, shortcakes or dumplings . . . you'll be proud of your baking when you bake with Tea-Bisk . . . a promise from the makers that I've put to the proof many and many a time! That's why I can say I'm speaking from experience when I say that Monarch Tea-Bisk gives the kind of baking results you've always dreamed of. Ask for Tea-Bisk—the all-purpose mix—at your grocer's . . . in the 10-ounce size with the handy pre-measured one-cup envelopes—or the big 37-ounce size with convenient pouring spout.