



AMONG those attending the Women's Institute leadership course in Hunter River recently were: LEFT Mrs. Frank Bagnall, editor of the Institute News, and RIGHT Mrs. Reginald MacEwen, 3rd vice-president and United Nations convener.

### Leadership Course Hosted By Hunter River Institute

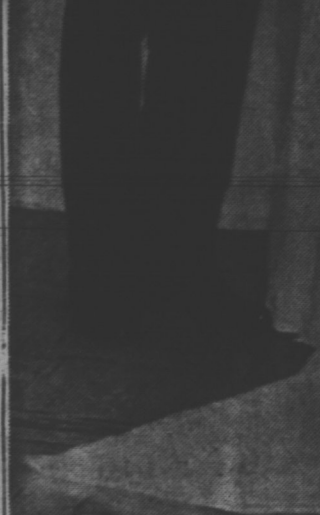
A Women's Institute leadership course was held in Hunter River on November 29. Registration began at 10 a.m. when members from 40 institutes registered. Mrs. Arthur Campbell, provincial president, chaired the meeting, and explained briefly the purpose of the gathering. She also spoke of the projects planned for Centennial Year. The assembly then separated into groups for study and discussion. Mrs. Frank Ross spoke on a program planning and pointed out that the WI is not a service group, but is a homemaker group. Mrs. Reginald MacEwen drew attention to the Unitarian Services display, and appealed for layettes. Several women responded, and were given yarn to knit baby shirts. Mrs. Ross demonstrated some interesting toys from Scotland, one of which was called the 'monster of Lock Ness'. The Hunter River members served dinner at which eight of

the High School teachers were special guests. In the afternoon the three groups were in charge of Mrs. Campbell, Mrs. Ross and Mrs. MacEwen. The duties of the president, secretary, treasurer and the conveners were carefully discussed. Mrs. Campbell reported on information available regarding the Tweedsmuir competition, and the Cairns Wilson project for Centennial year. Slides on the Hoodless moustard were shown and found very interesting. Discussion then took place on 1967 activities, and on Dr. Bonnell's letter re Island beautification. Evaluation of the day's proceedings followed, and it was the consensus of opinion that the provincial annual convention should be for one day only. Mrs. I. G. Ramsay, past president, thanked the Hunter River institute for their hospitality, and for courtesies extended to the visiting WI members. After closing remarks by Mrs. Campbell, the meeting adjourned.

### MARY HAWORTH

#### Insecurity Is The Basis For Jealous Feelings

DEAR MARY HAWORTH: Recently you answered a young wife's query about the meaning of her "green-eyed for'ers" by saying, in part, that "trust is an inalienable ingredient of authentic human love", thus implying that if she doesn't trust, she doesn't love. I don't quite agree. When I was a bride I felt mistrust when my husband worked overtime, and I wasn't unique in this. Two of my newlywed girl friends had similar feelings. I believe all brides suffer this way for a while and it doesn't mean they don't love. Marriage is a big frightening step. It's not a romance from which you can walk away if dissatisfied, though any number of people think they can. And I think here is the root of mistrust. Basically, I trusted my husband. I knew he loved me and couldn't understand why I had these suspicions. Finally we talked things over. He said I was afraid of the future, which made me doubt the present. I would think "What if he left me for another woman? I love him so much and would be lost without him." Such thoughts were with me 90 percent of the time, because women naturally are jealous of other women. TV had a lot to do with it, too. Also, it happens in families; maybe in distant branches, but you do hear of Cousin So-and-So running around with other women. To sum up, the newlywed wife is scared. She wants so much to have a happy life-time relationship, yet is terrified that her husband will be like all the others she hears about, in the theater or in real life. So she becomes suspicious of every little thing. My husband advised me: Forget the past, don't dwell on the future, live in the present. If you can do this, good. If you can't, you're going to have to try to outgrow distrust. And I think one can. Sincerely, F. B. DEAR F. B.: I would imagine that the type of mistrust you are talking about really amounts to self-rejection, or inferiority feelings, or a sense that you aren't co-equal in value (as to charm, virtue, brains, social promise, etc.) to the average "other woman" your husband meets, much less the equal of the best of them. I would surmise, further, that this unconscious spirit of self-denigration, which foments jealous, suspicious uncertainty concerning the spouse's loyalty potential is particularly affective



MR. AND MRS. KENNETH E. MATHESON

### Baptist Church Wedding Has An Autumn Color Scheme

First Baptist Church, Charlottetown, was the scene of a November wedding when Rebecca May MacDonald, elder daughter of Dr. and Mrs. Stewart MacDonald, became the bride of Kenneth Edmond, eldest son of Mr. and Mrs. Charles E. Matheson, all of Charlottetown. Reverend Malcolm Harlow performed the double ring ceremony. Mrs. Leigh Dingwell supplied the wedding music, and accompanied Shirley Graham, who sang "The Wedding Prayer" during the ceremony, and "The Wedding Blessing" during the signing of the register. The bride, given in marriage by her father, wore a floor-length gown of white velvet, cut on modified empire lines, with cowl neckline and wide three-quarter length sleeves with roll cuffs. The cathedral length train, also of velvet, fell in folds from the back of the collar. Her bouffant veil of silk illusion was held by a headpiece of tiny flowers and seed pearls. She carried a cascade bouquet of tallis-man roses and ivy. For her wedding trip through New Brunswick and Maine, the bride wore a winter-white wool tweed walking suit, a black mink hat and black accessories, and a corsage of Autumn gold roses. Mr. and Mrs. Matheson are now residing at 46 MacKay Dr., Parkdale. Out of province wedding guests included Rev. and Mrs. Lorne Baker, Shirley Baker, and James Baker, Dorchester, New Brunswick; Mr. and Mrs. Ross Baker, Truro, N. S.; Mr. and Mrs. Howard Macumber, Heward Macumber, Jr., Donna Macumber and Stephen Macumber of Yankovitch, N. S.; Mr. and Mrs. T. M. Matheson, Bayfield, Nova Scotia. (Photo by A. B. MacKenzie)

### ELLEN'S DIARY

#### A Farmer's Work Day Isn't Easily Measured

A clear sky tonight promises moonlight later for any who might chance to be wakened to enjoy, or for the farmer, who must break his rest to "take a look" through the early morning hours into stable or pigsty to be satisfied whether or not all there keeps well. . . . Is it possible, folks have wondered, for a farmer to limit his working hours? Certainly not, unless he has helpers to whom he can in part time entrust his duties. And not, as we have seen it at Alderlea, on farms which depend mostly on livestock as a means of livelihood. Can a farmer name the exact time at which a calf, a foal, piglets or a lambkin will come? Or how could he have them arrive only within certain hours, preferably those of daylight? It is interesting for us to recall that, often these days, when the world all about is still. How many times up the years the lantern which now hangs idly in the porch has lighted James' steps, or those of the younger farmer along the yards to this or that building where a youngling, or younglings of stock were expected? Through rain or snowfall, when skies overflowed with stars, or moonlight attended his paths. Or through the dusk of a field, the light like an early-come firefly, when spring was new on the land, and hearts were grateful the sea of grass was once more flowing over hill and vale, to bring in a ewe and her new-born

to the warmth of some fold. That night - light was a fore-runner indeed, but this time, in all the promise and expectancy of season, one which boded little ill. . . . The weathers - the farmers know them intimately. They work hand in hand with them, as they remain not on any limited shift, but continually "on call." "We've had quite a spell of damp, haven't we?" an older visiting farmer offered today. "In all my years, I don't recall so much foggy weather. And it's not only on the Island, it seems it is general all over. Boats have been more or less fog-bound, planes grounded." "But we can't complain - not altogether, can we?" James queried. "We could have had frost. And that wouldn't have suited the farmers." "I sometimes wonder if it were left to us to 'call' the weather, what we'd choose to have?" the older farmer twinkled. "Once-a-week rain, preferably at night during the cropping season, and sunny summery days always" we chuckled. "Tidying - days - at Alderlea, these are: days to pick up and put away for winter. Bicycles, a tricycle, a little boy's wagon, the lawnmower. A hoe out of place, a rake, a hammer, or an axe that 'might be lost in the snow.' We must, we plan, when it is convenient for Mack, come in the little truck along the fields to a woodland to collect spruce boughs to cover the perennials about. No sunshine today. Fog lifting or settling, as do the gulls when on occasion they come inland from the River to the fields. But the cloud, we are promised, will soon be turned inside out to show the silver lining. Indeed it already is. The sky is clear. There will come sunshine tomorrow! Until tomorrow . . . Diary . . . Good-night. . . .

### P.E.I. Association Hosp. Auxiliaries Annual Meeting

The annual meeting of the Prince Edward Island Association of Hospital Auxiliaries was held on Tuesday, November 29 in the Cundall Residence with an excellent representation from the provincial auxiliaries. The president, Mrs. George Buntain was in the chair. The minutes of the semi-annual meeting held on May 19th were read by the secretary, Mrs. J. A. McMillan, and the treasurer, Mrs. Lloyd Cox, Jr. submitted her report. Mrs. Buntain reported on the annual meeting of the National Hospital Auxiliaries held in Halifax in May. Mrs. McCarron gave an interesting report of the meeting of the Atlantic Hospital Auxiliaries recently held in Sydney and spoke on the merits and advantages of the individual auxiliaries belonging to the Atlantic organization. The relative merits of the Atlantic and National organizations were discussed at some length by the delegates present. Informative and interesting reports of fall activities and projects were submitted by the O'Leary Community Hospital Auxiliary, the King's County Memorial Hospital Ladies Aid, the Junior League of the Charlottetown Hospital, the Junior Aid of the P. E. I. Hospital and the Senior Ladies Aid of the P. E. I. Hospital. The date of the semi-annual meeting of the Provincial Association was tentatively set for May third at the Cundall Residence. It was decided that each local auxiliary send in the sum of 75 cents for each paid-up member, this money to be used to defray the expenses of sending a delegate to the annual meeting of the National Hospital Auxiliaries to be held in Montreal in May. The following slate of officers was re-elected for the coming year: president, Mrs. George Buntain, Charlottetown; first vice-president, Mrs. Harris Rogers, O'Leary; second vice-president, Mrs. Vera MacDonald Montague; secretary, Mrs. J. A. McMillan, Charlottetown; treasurer, Mrs. Lloyd Cox, Charlottetown. Mrs. George Buntain was appointed to attend the annual meeting of National Hospital Auxiliaries Association in May, with Mrs. Harris Rogers and Mrs. Vera MacDonald as alternates. After adjournment of the meeting tea was served to the delegates.

### SOME START LATER

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### HAPPENINGS

The Borden United Church Women held their annual Christmas tea, bazaar, and pantry sale recently, which proved to be as successful as it has been in years past. The Canadian Girls In Training had a bazaar table and sold fudge, and the handcraft aid needlework made by the girls and the UCW members solved many Christmas problems. Mr. and Mrs. Angus B. Macdonald (nee Anna Ferris of Hazel Grove) recently celebrated their 25th wedding anniversary at their home in Hunter River. They were married in November, 1941, at the New Glasgow parsonage by Rev. R. E. Shaw, their attendants being Mrs. Howard Ling, the bride's sister, and Mr. Ling Mr. and Mrs. Ling were both present for the anniversary. George Nesbet was master of ceremonies. Mrs. Oliver Parkman, niece of Mrs. Macdonald, read an address and gifts were presented on behalf of the Ferris and Macdonald families. Mrs. George Nesbet gave an address on behalf of the neighbors who also presented a gift, and other gifts were received by the couple from friends and relatives. Mrs. Winifred Watts was organ accompanist for a singing, and refreshments were served, including a gaily decorated anniversary cake. Mrs. Eris Thomson, Carleton Sliding, is a patient in the Victoria General Hospital, Halifax, N. S. Her many friends are pleased to learn there is some improvement in her condition.

### Women

6 The Guardian, Charlottetown, Wed., Dec. 7, 1966.

#### IDA BAILEY ALLEN Novel Family Breakfast Set Out Cafeteria Style

It's just three weeks until Christmas with its gaiety, joy and beauty. But there's so much to be done. Already the feeling of rush and hurry begins to mar thoughts of the happy time ahead. Resolve right now, that preparations for Christmas can be controlled and refuse to let the thought of them get you down or make you nervous and irritable. National Tendency One of the growing national tendencies is to skip breakfast. Better remedy this situation if it prevails in your own home. No one can successfully get through fast-moving days when starting the day on an empty stomach. That applies to every member of the household, including the homemaker herself, for her it's often just juice, coffee and consequently a "nervous" day. A good way to serve breakfast quickly to the family's cafeteria-style. Line up the foods in the order they will be eaten, along with the serving dishes (or paper plates), knives, forks, spoons, paper napkins and a tray for each person. Each person will pick up his or her tray, napkin and accessories and go down, the line to pick up the foods you prepared. If you are an efficient and smiling manager they will sit down at table and really eat breakfast. Later you can have a satisfying breakfast at your leisure. Home-Style Cafeteria Breakfast Breakfast No. 1 Orange juice; bowls of oatmeal cooked in skim milk, served with whole milk and sugar; enriched bread toast spread with butter or margarine and peanut butter. Cafe au lait (coffee with hot milk or tea, or milk. Breakfast No. 2 Applesauce; bowls of heated shredded wheat with whole milk; scrambled eggs; toasted split rolls spread with butter or margarine. Cafe au lait, or tea, or milk. Breakfast No. 3 Grapefruit juice; bowls of dark farina cooked in skim milk, served with whole milk and brown sugar. Enriched bread toasted cheese-and-tomato sandwiches. Cafe au lait, or tea, or milk. Measurements level. Variations Make Scrambled Eggs (for 6) Toasted, Go Further When preparing plain scram-

### Bungalow Used By School To Teach Home Economics

MABOU, N. S. (CP) - A modern five-room bungalow, tastefully furnished and fully equipped, is an extension of the home economics course offered by the high school in this Cape Breton village. It's part of a special family life program initiated at Mabou high school in 1957. Aside from its practical value, it has succeeded in making students more interested in education generally. The cottage on the school grounds was formerly a caretaker's residence. The principal Sister Saint Joan, decided it would be a useful addition to the home economics course, making the whole idea of attending school more attractive and perhaps educating the dropout toll. The 15 Grade 11 girls who make up this year's senior class are divided into three groups. Each group, chaperoned by the school secretary, lives in the cottage for two weeks at a time. The girls do the housework in addition to their regular classroom work. They rotate the duties of head housekeeper, cook, dishwasher, laundress and the like. They employ a make-believe budget since food is supplied through the school. One of the skills the girls learn is home entertaining since each housekeeping term winds up with two social events - an afternoon tea for teachers and an evening tea for parents. The home economics course is only one phase of the program. Arrangements are also made with hospitals in the area for students to work in maternity, pediatric and geriatric departments, make home visits and do clinical work under direction of public health nurses.

### TOMORROW'S BAKED DINNER

Tossed Greens, Raw Vegetable and Peanut Salad - Baked Smoked Ham and Potato Casserole, Green Beans (canned or frozen) - Criss-Cross Apple Pie (homemade or purchased) - Coffee, Tea, Milk. RASPBERRY COLD SOUFFLE (As Promised) 2-10 to 12 oz. pkg. frozen raspberries, barely thawed 2 pkg. vanilla whip 'n' Chill dessert mix 1 (10 1/2 to 12 oz.) pkg. frozen raspberries, additional (half-thawed, drained and dried on paper towelling) 24 (2") narrow strips of angelica or citron Drain 2 pkg. raspberries, and measure syrup. If necessary a enough cold water to make 1/2 c. liquid. Prepare dessert mix as directed on pkg. but use measured liquid instead of milk.

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### ANNUAL MEETING

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