

Rogerson-Tredenick Wedding

A summer wedding was solemnized at the Queen of Heaven Chapel in Greenwood, N.S., at 10 a.m. on Saturday, August 20, when Mary Osborne, daughter of Mrs. Elizabeth Tredenick of Summerside P.E.I., was united in marriage to Flying Officer James Terrance Rogerson, son of Mrs. Louise Rogerson and the late James Rogerson of Moose Jaw, Saskatchewan. Rev. Father Bulger performed the double-ring ceremony. Given in marriage by Mr. Donald Tompkins of Moncton, N. B., the bride chose a floor-length gown of white slipper satin, featuring a bouffant tulle bodice, a matching long-sleeved tulle skirt, and a long, floor-length veil. She carried a bouquet of Queen Elizabeth roses. She was attended by her sister, Miss Betty Lou Tredenick, who wore an aquamarine gown of nylon net over tulle, and a matching bandeau of velvet leaves. She carried a bouquet of Queen Elizabeth roses. The groom wore a tuxedo and a white boutonniere. The ceremony was officiated by Rev. Father Bulger. The bride and groom were accompanied by the bride's parents, Mr. and Mrs. James Osborne, and the groom's parents, Mr. and Mrs. James Rogerson. The wedding reception was held at the Officers' Mess in Greenwood, N.S., where 65 guests were entertained. The bride and groom will reside in Greenwood, N.S., where the groom is stationed in the Royal Canadian Air Force.



The principals in the Copeland-Warren wedding ceremony, which took place on Saturday, August 13, at North River, P.E.I., are pictured above. From left to right they are: Mr. David Copeland, the groom; Mrs. Roland Sellick, matron of honor; Junior bridesmaids Lynn Ann Warren and Ruth Warren; and Mr. and Mrs. F. M. Copeland, the bride's parents.

Bride's Home Is Setting For Copeland-Warren Wedding

A summer wedding took place at the home of Mr. and Mrs. Fulton Warren, North River, P.E.I. on Saturday, August 13 at 4 p.m. when Muriel Isabel Warren, youngest daughter of Mr. and Mrs. Ernest Warren, and Mr. Frederick MacMillan Copeland, youngest son of Mr. and Mrs. F. Copeland of Moncton, N. B. were united in marriage by Rev. Owen Cochran. The house was decorated with pink and white streamers and tiny white wedding bells. Tall baskets filled with pastel flowers and bouquets of sweet peas provided the floral decorations. The bride entered the room to the strains of the wedding march

on the arm of her brother Keir. She wore a white floral nylon ballerina-length dress over crinoline with matching head-dress and bridal veil. She carried a nosegay of rose carnations. Mrs. Roland Sellick, sister of the bride, as matron of honor wore a pink sheer tulle dress with matching head-dress, consisting of pink roses and veil. She carried a nosegay of deep pink roses. The bridesmaids, Miss Ruth Warren and Miss Lynn Ann Warren, neices of the bride, were dressed in a blue and pink nylon dress over crinoline, and a blue and yellow dress over crinoline respectively. Each wore a head-band of flowers and carried nosegays of

sweet peas to match their dresses. The bride's table was centered with a three-tier wedding cake topped with a miniature bride and groom under an arch of bridal wreath and wedding bells. Pink net with tulle in roses surrounded the wedding cake, with pink candles in crystal candelabra on either side. The best man was Mr. David Copeland of Moncton, N. B. The bride's mother chose for her daughter's wedding a figured nylon dress with navy accessories, and wore a corsage of white carnations. Rev. Owen Cochran proposed the toast to the bride, to which the groom responded. Mrs. Jeanette Beaton and Mrs.

Marion MacLeod served the 25 guests. The out-of-town guests were: Mr. and Mrs. Mellick Warren and daughter Lynn Ann, Halifax, N.S.; Mrs. Philip Dercole, Vancouver, B. C.; Mrs. Fulton Copp, Port Elgin, N. B.; Mrs. Jean Morrison, Yarmouth, N. S.; Mrs. D. MacAusland, Halifax, N. S.; and Mr. and Mrs. D. Copeland of Moncton, N. B. The newly-weds left on a honeymoon trip through Nova Scotia. For travelling the bride wore a rose wool gabardine suit with powder blue accessories. On their return they will reside at Gunningville, N. B. The groom is employed with the Canadian National Railways, Moncton, N. B. Previous to her marriage the bride was employed in the office of the P.E.I. Hospital.

COOK'S CORNER



QUICK COFFEE CAKE
 1/2 cup shortening
 1-1/2 cup white sugar
 1 egg
 1 cup milk
 2 1/2 cups sifted flour
 3 teaspoons baking powder
 1/2 tsp. salt
 1/2 cup coffee
 1/2 cup chopped walnuts, 1/4 cup chopped cherries.
 Put in the oven at once, and bake at 375 F. for 30 minutes.

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY
 Here's a thrifty treat for any young wardrobe — a simple back-to-school dress you can sew in a jiffy! Use your remnants — make several versions in suds-loving plain or patterned cottons. She'll rate an "A" in fashion, every time she wears this adorable style!
 Pattern 4878: Children's Sizes 2, 4, 6, 8, 10. Size 4 takes 2 yards 35-inch; 1/4 yard contrast.
 This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
 Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.
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KEEP IN TRIM

How to Turn That Stored Fat Briskly Into Energy Again

By Ida Jean Kain
 For the overweight, the most fascinating part of the nutrition story is how stored fat is turned back into energy, for that is the answer is NO. And right there is can be coaxed down.
 To get the picture of the way the body uses fuel, we'll compare it to a car. When a car runs out of gas it stops until refueled. But even though a meal or two is skipped, we do not come to an abrupt halt because we have reserve fuel stored in the form of body fat, which can be called into use when there is a deficit of fuel for energy.
 To carry our analogy further, when the car stands in the garage, no fuel is used. But there is never a time when the living body turns its engine off completely. When we sit idly or lie down or sleep, little or no fuel is being used for external work. But the internal work of the body goes on twenty-four hours of the day as long as we live, so some fuel is used constantly.
 Now for the overweight. Your problem is to turn stored fuel briskly back into energy and diminish the excessive fat reserve. In other words, reduce. So you cut the daily fuel intake, as measured by the calorie, to a third or a half below your daily energy requirements — or 1100 to 1000 calories a day.
 Let's look at reducing from another angle—health. To keep the body in a fine state of repair and smooth running order, certain pro-

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North Rustico Red Cross Tests Successful

The home and School Association sponsored their annual swimming program at North Rustico which was held August 2 to the 24. Robert Gallant, North Rustico, instructed the swimmers in the various skills. Paul Cudmore and Joan Murphy, examined the class on August 24. The choppy waters took their toll on the Intermediate and Senior

classes as neither were able to complete the tests. The remaining classes, however, were tested on a previous day and proved very successful. Awards were presented to the following successful swimmers:
 Beginners: Ronnie Blacquiere, Allan Gallant, Donald Gallant, Debra Gallant, Brenda Gallant, Darlene Gallant, Angela Gallant, Justin Gallant, Irving Doiron, Joan Gauthier, Pennie Dorion, Donnie Blacquiere, Darlene Gallant, Gerald Gallant, Kathleen Blacquiere.

Words Of The Wise

No one can make you feel inferior without your consent.
 —(Eleanor Roosevelt)
 Genevieve Gauthier, Eric McEwen, Vernon Buote, Bernard Gallant, Geraldine Buote, David Blacquiere and Dianne Gallant.
 Juniors: Camilla Blacquiere, Gerard Gauthier, John McNeil, Paula Vickers and Barbara Gauthier.

RUSSIAN VISIT ENDS

MOSCOW (Reuters) — Members of the Birmingham, England, city council left Moscow for home by air today after a 10-day visit to the Soviet Union. In a farewell speech, the lord mayor of Birmingham, Arthur Gibson said: "We were received in a very friendly fashion everywhere in the Soviet Union and we are sorry to leave this great friendly country."

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MUSTARD FRENCH'S 14 OZ. JAR		23c	CATSUP AYLMER'S 14 OZ. BOTTLE	23c
APPLE JUICE 30 OZ. TINS	2 for	27c	PEAS TASTY PAK. 20 OZ. TINS	2 for 29c
FRUIT COCKTAIL DOLE 20 OZ. TIN		33c	FLOUR ROBIN HOOD 24 LB. BAG	1.59
BEEFSTEAK & GRAVY OLYMPIC 16 OZ. TIN		33c		

RITZ Christies Crackers 8 oz. pkg. **19c**

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ROLLED RIB ROAST, Lb.	75c	LAMBS LIVER FRESH TASTY, LB.	29c
ROUND STEAK, Lb.	73c	COLD MEAT MACARONI & CHEESE LOAF, LB.	49c
SHOULDER ROASTS, Lb.	53c	COD FILLETS DELICIOUS DONELESS, LB.	23c
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