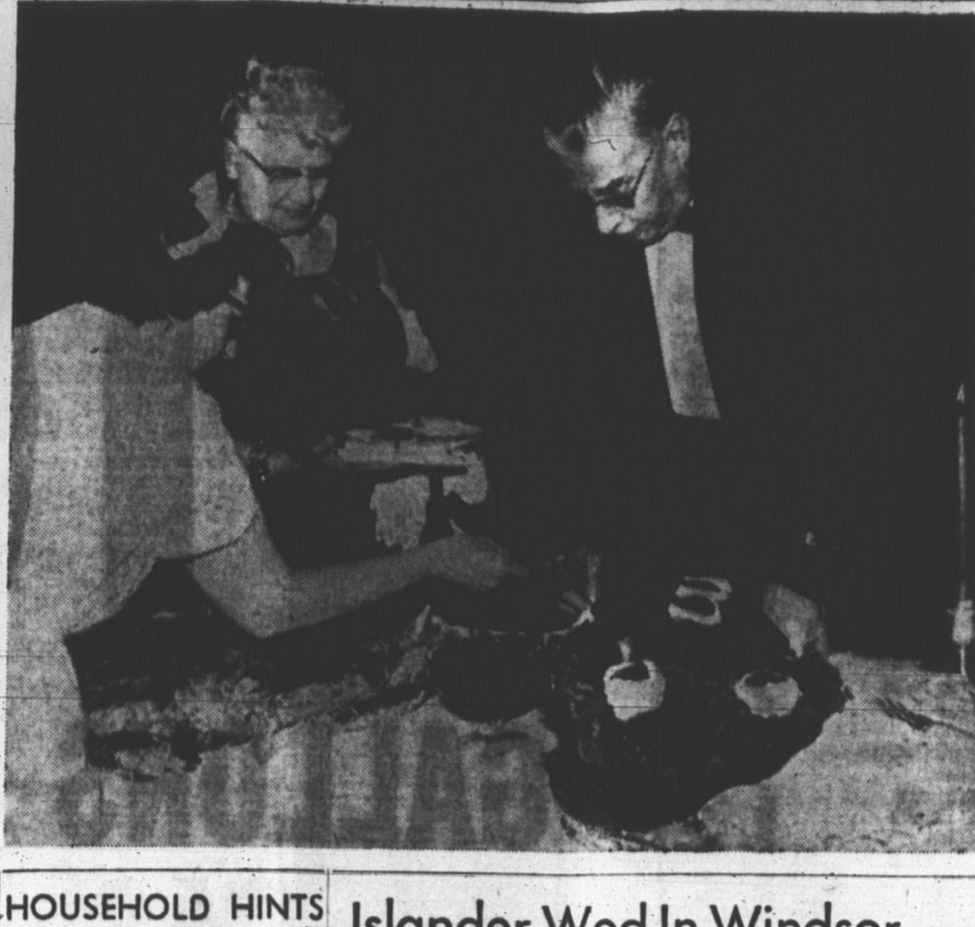




EVERYONE 'HAD A BALL'

Mr. and Mrs. Louis Bagnall TOP LEFT, are remembering their own big day 16 years ago, as they "take the cake" at the Sweethearts Bridal Ball held at the Charlottetown Hotel on Monday night. Mrs. Bagnall was first choice of the panel of three judges, who had the tough job of selecting a winner from the 14 lovely "Brides." AT RIGHT, Premier



HOUSEHOLD HINTS

When white nylon dacron lingerie turns yellow (or gray) tint them with regular fabric dyes. The lacy parts come out a slightly darker tone to contrast with the rest of the garment.

The smallest religious group in Canada is Confucianists, 5,000 in 1961, down from 24,253 in 1931.

Islander Wed In Windsor At Double Ring Ceremony

Rev. Warren Biebel officiated at the recent double ring ceremony which united in marriage Marie Elaine Donnelly and Lorne Blair Kielly at the First Baptist Church in Windsor, Ont.

The bride is the daughter of Mr. and Mrs. Evan Donnelly of Old Kings Highway, White River Junction, Vermont, and the bridegroom is the son of Mr. and Mrs. Lorne B. Kielly of Charlottetown.

Given in marriage by her father, the bride wore a full length gown of chantilly lace over tulle. The fitted bodice had a scooped neckline encrusted with seed pearls and the full skirt featured a chapel train enhanced with roses. Her bouffant shoulder length veil of silk illusion was held by a crown of seed pearls.

Cecelia Monohan of East Meadow, N. Y., was maid of honor and Mrs. Gloria Ballou and Cheryl Harrington, both of White River Junction, were bridesmaids. Lois Donnelly, sister of the bride was junior bridesmaid.

The best man was Vernon S. MacKay and Evan Donnelly, Jr. Bruce Donnelly and Richard Spaulding all of White River Junction were ushers. Robert Donnelly was the ring bearer.

A reception was held at the Norwich Inn following the ceremony, with Mrs. Marie Monohan, of East Meadow, N. Y. in charge of the guest book.

The couple will reside at the Wilder Mobile Village in Wilder, Vermont.

ELLEN'S DIARY

The Bluejays Were Heard In Spruces By The Dam

James, husband and head of this household, looked up from the glass, which hangs on the far corner of the small ell that is our cellar-house, smiled and turned to take stock of sky and wind and field this morning. "Well," he offered, "the mercury is moving up. It's warmer today. Strange, too. We look for a January thaw, but we don't expect one this month."

A sparrow chucked happily as she flew up and disappeared within the now-unused chimney in a pigery. A pair of crows in a flash we named them off in mind. "One for sorrow, two for joy" - winged to the orchard.

dark against the all white season, and settled in the crab-apple tree. Bluejays - you could hear their calls in the spruces by the dam at the stream.

"Nowadays rain is more welcome than snow," we said. "At least it lets folks get away to their day." "But I hope the mildness or possibly rain, doesn't take the snow from the fields. It's too early for that," James nodded.

Bright cackles and, to us, meaningful, echoed from the poultry-house across the yards. "Some on the distaff side already have completed their day's work" we giggled. "Hardly, Ellen. They have to look out now for tomorrow - piece out another eggshell" he grinned.

A cow lowed. And there came the sound of a moving in the near pigery. The white kitten rubbed against an instep implying an empty saucer indoors. The water in the porridge pot would be steaming. "We must be a bit later this morning, Ellen" James remarked moving off briskly to his chores.

Thawing, this day was. It was as if one out of March was there against the horizon, casting its brightening shadow before. "March-I liked that month as a child. Have kept nice memories of it. The sun was warmer, the days lengthened, the drifts dwindled" one who visited with us this evening commented. "And March's sudden storms and the pitchy roads, do you remember those?" we queried lightly. "The March storms can be mean" he replied, "but they are not so bleak as those in the heart of the winter."

"And the old-time roads, when the snow softened to make pitches and tedious sleighing, well, we accepted them. That went with our springtime. I was speaking of those days the other evening and one of the children repeated, 'Pitches! What were they like?' James smiled. "What was it old Mr. used say about folks gone?" we chuckled. "How soon is a man forgotten?"

"The same applies to the every day terms of the farming - so many-ones common to our life and living have been lost up the years" we said. "I guess if we asked one of the children to fetch the martingale, yes, or even a hames' strap, some of them would hardly know what to look for" James reflected.

And how many modern dwellings have cellar-houses like that of ours, where the mercury in the glass at the far corner stands at a height which supports the night's forecast, "Another mild day tomorrow?"

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

Women

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IDA BAILEY ALLEN

Sauerkraut Vital Food To Be Frank About It

BY IDA BAILEY ALLEN

Sauerkraut was invented in ancient China as a food way back in the third century, B. C., when the dietitians, leading scientists of that day, included it with rice in the worker's rations. Very astute, those ancient Chinese.

The reason that kraut (fermented cabbage) helped keep the Chinese healthy and strong enough to do a good day's work, was because kraut contains a high percentage of ascorbic acid, which is Vitamin C.

Daily Requirement for this maintenance of healthy cell tissue in many parts of the body. A shortage of Vitamin C can result in anemia as well as structural changes in bones, cartilage and teeth. An average serving of kraut a day provides 25 per cent of the daily requirement.

In addition, kraut contains both Vitamin B1 and B2 which are thiamine and riboflavin. These play an important role in preventing fatigue, irritability and other disorders of the nerves.

Good With Potatoes

Kraut, which comes canned, is also a remarkable budgetwise food—one that should be served often. It is especially good with bland vegetables, such as potatoes. The addition of one peeled good-size potato cooked with kraut, softens the flavor and slightly thickens the juice.

Sauerkraut can be the basis of delicious salads and soups; and can add flavor and nutrition to dishes of meat, poultry or fish. Sauerkraut is one of our most versatile foods.

FRANKFURTERS STUFFED WITH SAUERKRAUT

3 c. sauerkraut (canned), drained

2 tsp. caraway seed

12 frankfurters

1 tbsp. mild table-mustard

Combine sauerkraut and caraway seed. Split frankfurters lengthwise without cutting all the way through. Spread them open; then brush with mustard; and fill with sauerkraut. Fasten together with picks. Broil 10 min., or until brown.

Note: For flair, before broiling, wrap each frankfurter with a thin slice of bacon.

CHOCOLATE MOLASSES GINGERBREAD

1 c. shortening, room soft

1/4 c. sugar

1/4 c. egg, slightly beaten

3 (1 oz.) squares melted cooking chocolate

1 c. molasses

2 1/2 c. flour

1/4 tsp. baking soda

1 tsp. ground cinnamon

1 tsp. ground ginger

1/2 tsp. ground clove

1/2 tsp. salt

1 c. hot coffee or hot water

Stir shortening until creamy. Then work in sugar, egg, melted chocolate and molasses. Beat until thoroughly mixed.

Sift together flour, baking soda, spices and salt. Beat dry ingredients alternately with coffee or water into the first mixture. Transfer to oiled 7" x 11" pan. Bake in a preheated oven, oven 350 degrees to 375 degrees F. for 35 min., or until firm in center when tested with pick. Serve warm "as is", or with lemon sauce or half-melted leftover ice cream.

THE CHEF SUGGESTS

For a refreshing "pick-me-up," stir together 3 oz. each sauerkraut juice and tomato juice and 1 drop Tabasco. Drink hot or cold.

HAPPENINGS

Mr. and Mrs. Wilbur Cousins of Buffalo, N. Y. are the guests of Mr. Cousins's parents, Mr. and Mrs. Bismark Cousins, Breadalbane.

The Breadalbane Women's Institute sponsored a Valentine party in the school house recently which featured a bazaar table for grown ups and a fish pond for young anglers. Refreshments were served by a member of the WI.

Mrs. Dan McCordie of Chelton recently attended the funeral of her brother, the late George Cahill in Halifax. He was the son of the late George Cahill, and lived in Central Beque, before going to Halifax several years ago.

Estelle Gallant, who is presently employed in Halifax, N. S. is spending a few days at her home in Souris West.

An enjoyable card party was held at the home of Mr. and Mrs. Joseph McInnes, Bear River, on Monday evening when five tables of 4's were in play for cash and grocery prizes. Refreshments were served by the hostess, assisted by women of the district and a substantial sum was realized. Proceeds are for church purposes.

On Saturday evening, Mr. and Mrs. Edgar Matthews, Balfie, entertained many relatives, neighbors and friends in honor of Mrs. Matthews's mother, Mrs. Janie Blakeney, who was celebrating her 80th birthday. Mrs. Blakeney resides with her daughter and son-in-law. All the

WOMEN'S ORGANIZATIONS

North Rustico CWL Hears Ecumenical Council Talk

The president opened the recent meeting of the Parish Council of Catholic Women's League of North Rustico held in the elementary school, with Rev. F. Corcoran leading the prayers.

The meeting was conducted in the usual manner with correspondence being dealt with from Katherine Toal, national president and from national and provincial conveners, also the Boy Scouts' Building Fund. The standing conveners all gave satisfactory reports and it was decided to vote money for the Boy Scout Building Fund, Catholic Women's League, TV program "Insight", National Report, Education Week and St. Cecilia Maria Regional High School year book.

During the month of January the members enjoyed a visit to Beach Grove and Provincial Sanatorium and treated the patients. Chaperones were appointed for high school socials and also members volunteered to look after the sanctuary for the month of February. A substantial sum was reported realized from the sale of cards and calendars and also from a lottery held by the CWL.

The president called on Faith Corcoran to address the meeting. He gave a brief outline of the work done by the Ecumenical Council and advised when the books come out on this work, it would make very good material for study clubs. He closed the meeting with prayer and a social hour followed.

HOUSEHOLD HINTS

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MARY HAWORTH

Man Accuses His Wife Of Poisoning His Food

DEAR MARY HAWORTH: I am 42, my husband is 57 and we have been married for 10 years. We have had no children, which we both regret.

My husband was a very quiet polite man, reserved towards most women when we met. But he seemed able to talk with me, and after six months' dating, we married.

In a way, he has been not only a husband but a child to me, as he is so vacillating and lets me look after him as much as I wish. I have tried to be a model housewife and agreeable, affectionate companion. But in truth he is difficult at times, overly submissive and manageable, while making life tough for me.

He has had several spells of depression. During these periods lasting from a couple of weeks to three months, I've done my best to make him realize how useless it is to waste time worrying over the past, imaginary slights, etc.

Each time we've managed to pull out of it. But the most disturbing carryover is a weight gain. During his depressions he has put on quite a bit of fat, notably in the abdomen. I can't stand fat men but I've tried to conquer this distaste, for his sake.

The immediate problem is a rift which developed a month ago, since when he has hardly spoken to me. The more I try to make up the more he withdraws. Worse, since that evening his abdomen has doubled in size as he stuffs himself at table, meanwhile suffering nervous indigestion.

Last night when I tried quietly to protest his avaricious eating, he flew into a rage and accused me of being the cause of his weight predicament. He says I am putting poison in his food, giving him indigestion and bloating. To which I replied that he ought to have his head examined.

Later when we both had calmed down, I tried to persuade him to see a psychologist. He flatly refused, suggesting that I need one.

Now we are at an impasse. He is getting stouter daily, suffering agonies at night—is insomniac and is ruining any peace or harmony we ever had. In fact, he is driving me insane. I don't think I can stand it much longer. Please help us.

A. G.

DEAR A. G.: In your lengthy letter, here condensed, you synopsized the crucial quarrel of a month ago, that is smouldering still.

In your words "We had a small argument, while my husband was reclining on the living room couch after dinner. Noting his flabby stomach bloating on Brazil was also under the leadership of Mrs. Day.

Roll call was answered by 14 members with a scripture verse. Elsie Mayne, treasurer, gave the financial report. Plans were made for entering to Kensington and Summerfield Men's Association in the near future. Members were asked to bring used Christmas cards also cancelled postage stamps to the next meeting.

Mrs. Alonzo Webster invited UCW to her home for the next meeting when the devotional leader will be Mrs. Fenton Mayne and study book, Mrs. Herman

LOW BACK PAIN

Is it hard for you to sit down, even harder to get up from a chair because of low back pain? Does this pain make work difficult, keep you from turning over a leaf? This nagging, wearisome pain keeps thousands in misery. But here is good news for all such sufferers. Templeton's TRC gives the desired relief from such suffering quickly, pleasantly. Equally good for lumbago, back-ache, sciatica, leg pains, arthritis, rheumatic and neuritic pain. Get TRC's for last relief. 66c. \$1.25 at drug counters everywhere.

See notes first relief, see Templeton's PLAIN, Cream Lotion in the full-on bottle container, which includes T.R.C.'s internally. PLAIN-Creamed \$1.25 at drug counters everywhere. T-10-11

Guide Council Has Training Session

On Saturday afternoon, Feb. 12th, a successful training session for Commissioners and Ranger Guides, Girl Guides of Canada, was held at the home of Mrs. H. Cudmore, provincial training commissioner. The well attended meeting had representatives from each division present.

Future trainings will be held in all divisions from April 21st to 25th when Mrs. C.A. Locke, a Brown diploma trainer, of Montreal West, Quebec, will be in the province to assist the provincial training committee.

Mrs. Locke will also be the speaker at the Provincial annual meeting on April 23rd when her topic will be "Within Frontiers and Beyond" dealing with her Guiding experiences in South America and Ireland.

CORNWALL WI

Mrs. Jack McLean chaired the recent meeting of Cornwall WI which was held at the home of Mrs. Harold Godfrey. A poem on "Ideas" opened the meeting and roll call was answered with "a household chore I enjoy", which turned out to be really amusing. Reports of committees were given and discussed.

The president commended the safety committee for the efforts during the year to make homes, school and community safer places in which to live, and also for the work in compiling the scrap book for entry in the Safety Council Contest. It was decided to pay the music teacher's pension plan and school entry fees for the Music Festival. The Home and School Association offered to assist the WI with the library fund.

Mrs. Ford Wilson read a poem and song on "safety" written by Mrs. George MacMillan which caused much comment. Mrs. Roland Gass read a letter concerning home economics and Mrs. Waldron Lowther reported on Mrs. Helen Herring's interesting radio programs. The remainder of the evening was spent mending clothes which had been donated for Unitarian Service Committee.

The next meeting is to be held at the home of Mrs. Paul Gannum when roll call will be answered with a gift for a patient of the mental hospital. Mrs. Arthur Howard on the program committee, was asked to invite all immigrants of the community to the next meeting. The food will be in charge of Mrs. Wayne MacEachern, convener, assisted by Mrs. James Fleming, Mrs. Stanley Willis and Mrs. James Bear.

Refreshments were served by the hostess and committee in charge.

KINGSTON BAPTIST WMS

The January meeting of the Kingston Baptist WMS met recently at the home of the president, Mrs. Edgar Newton. Mrs. T. W. Howard had charge of the devotional with the theme "The White Line" and prayer. Mrs. Howard explained the new packet gave a brief outline of the Book of Job, Galatians and Tidings. Members were asked to read the Book of Job. Roll call was answered by eight members and three visitors repeating a verse of scripture.

Final plans were made for the "World's Day of Prayer" to be held in Kingston Baptist Church on Feb. 25. Meeting to open at 2:30 p. m. with Kingston United and Hampshire as guests. Pennants were received and distributed to be made and members were also asked to bring donations for a bazaar. Mrs. Calvin Holmes was asked to send for the book "Conquering Inner Space". Mrs. Tyrees Holmes took subscriptions for the Atlantic Baptist. A donation was gratefully received from Mrs. Gordon Newton.

Mrs. Calvin Holmes invited the members for their next meeting to be held on March 2, at the hostess, assisted by Mrs. Myron Holmes.

RIVERDALE AND CHURCHILL WI

Mrs. Waldron MacKinnon was hostess to the February meeting of Riverdale and Churchill WI. The meeting opened as usual and seven members answered roll call with a sympathy card. A very interesting reading on England was read by Mrs. Oliver MacLeod. It was decided to hold a pantry sale at Moore and MacLeod on Feb. 14. A humorous reading was then given.

Next meeting to be held at the home of Mrs. Garfield MacFadden when roll call will be answered with a treasure chest.

Refreshments were served by the hostess assisted by Mrs. Kelsie Buchanan.

SUMMERFIELD UCW

The United Church Women of Summerfield met recently at the home of Mr. Harland Day for their February meeting.

President, Mrs. Keith Mayne, chaired the meeting and Mrs. Harland Day led in devotions with the theme "Training For Witnesses" in the form of a scripture dialogue assisted by George Campoell gawp an is-

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by Anne Adams

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36 DIE IN BUS PLUNGE

PAMPLONA, Colombia (Reuters) — Thirty persons were feared killed when a bus plunged down a 600-foot precipice near here Tuesday night. Most of the other 45 passengers in the bus were injured.