

ELLEN'S DIARY

by an Island Farmer's Wife

"We are planning to attend a revival service this evening. Would you care to join us, Ellen?" a farmwife of the community invited this morning. "A revival service!" we said. "Why, of course—it will be lovely to come." James, somewhat suspicious of the social instinct of the meeker sex as displayed by his wife, will have it that if we have no good reason to go, we will willingly search about to find an excuse! Here then was a delectable one that had come right to our door. . . . We have so much that is educative and entertaining to learn and enjoy in the brief span of a lifetime!

A revival service . . . we came away from the phone with a smile. What good and enchanting

knows the mention of the revival; evenings of candlelight in attendance in the little Church at home; or . . . in those as some distance, and later which gave us to attend the old Kirk at one corner, nevertheless to "find God" as ways in the other Churches near and farther; it has been our privilege and blessing through the years to attend.

Not for us and ours alone, we remember, does the sun of day shine lovingly on the farmlands of autumn. Not only for our enjoyment and uplift does Providence fashion so tenderly and open the robes of summer. Neither to one creed and people only does He bestow all His love and His care but to every last one of His "chillens."

Across the wide span of the elapsing years the old scenes came back to us—lamp-lit pictures, of the little and larger hands of interested folks who had perhaps braved the bleak dark of a fall night or the snow-white roads of winter to meet together in one of the special seasons of revival in their Church.

How devout and sincere in their office and calling were the speakers we remember from the young years . . . the elders, and the old Minister, younger then, carrying that solemn aura of the pulpit with him where ever he went. Asking "Are you God's child today, Ellen?" when chance led us across his path, we were God's child. The "Haythen" oceans away, the little pickaninny of the South with the coal-black skin and crinkly hair and solemn eyes who bit into the juicy pink slice of watermelon were His children. So were we, the Canadian youngster, Island-born, puzzling even then over the worthwhile values she could safely store in her heart.

How clearly were truths presented—how winsome the words of Biblical lore . . . but, "I don't see for the life of me what's keeping you dawdling there so late, Ellen—and we anxious to get an early start at the threshing in the morning." James calls from the room across the hall.

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

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Mary Haworth's Mail

wife, as his absolute partner. What disturbs you is a sense of having lost mental contact with Tom; of no longer having a sure inner unity with him. That's why you fight separations and feel depressed in his absence.

To get on the beam of peace of mind you are obliged to rise in consciousness, out of the welter



Autumn Wedding At New Dominion



Pictured above are Mr. and Mrs. Frederick Norman Norton and their attendants. Reading from left to right are: Mr. Harry V. Norton usher; Mr. Charles Downe, best man; Mr. and Mrs. Frederick N. Norton, the groom and bride; Miss Florence MacLean, R.N., maid of honor; Miss Jean MacLean, bridesmaid; Mr. Harold Dobson, usher.

New Dominion United Church was the scene of a pretty wedding when Lois Eleanor, daughter of Mr. and Mrs. Bruce H. MacLean was united in marriage with Frederick Norman Norton, son of Mrs. Hazel Court and the late Mr. Harry V. Norton, on September 15, 1954, at 2.30 o'clock.

The church was beautifully decorated with bouquets of mixed flowers and baskets of gladioli, while small blue and white nosegays tied with white satin ribbon marked the guest pews. The double-ring ceremony was performed by Rev. A. S. Weir, D.D. Mrs. Arthur MacDonald was in charge of the wedding music.

The bride, given in marriage by

of worried, angry, mate-starved feelings that plague you currently. For help in this read "God's Reach" (Macalaster Park) by Glenn Clark. As you learn to love hours alone as opportunities to "practice the presence of God" you will remember this problem no more—and it will dissolve. —M. H.

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

FAST SUBMARINE

STOCKHOLM (CP) — Although secrecy surrounds most details of a new type of Swedish submarine it has been disclosed the craft will have a top speed of 25 knots, submerged, with a wide cruising range. The submarine, one of three under construction, may cost \$5,000,000.

her father, was charming in her gown of brocaded satin fashioned on princess lines with a pearl train. The Peter Pan collar and three-quarter sleeves were trimmed with seed pearls. Her veil of bridal illusion fell from a Juliet cap which was edged with plaiting, and she carried a bouquet of Better Time roses.

She was attended by her two sisters, Florence, as maid of honor, and Jean as bridesmaid. They were similarly attired in gowns of ice blue tissue taffeta over twilight blue taffeta. Matching picture hats and mitts completed their ensembles and they carried nosegays of mixed flowers.

Mr. Charles F. Downe was best man, while the ushers were Mr. Harry V. Norton, brother of the groom, and Mr. Harold J. Dobson.

For her daughter's wedding, Mrs. MacLean chose a dress of mignon blue silk on worsted with black and white accessories. Her corsage was of pink carnations. Mrs. Court, mother of the groom, wore a two-piece dress of charcoal corded silk, rose and black accessories and corsage of rose gladioli.

During the signing of the register Miss Shirley I. MacDonald

sang, "O Perfect Love."

Immediately after the ceremony a reception was held at the home of the bride's parents at Long Creek. A three-tier wedding cake was topped by a miniature basket of pink and white flowers and flanked on either side by tall tapers in silver candelabra.

Mr. W. R. Shaw proposed the toast to the bride which was responded to by the groom. Rev. A. S. Weir asked the blessing prior to luncheon.

Parting were: Mrs. A. E. MacMillan and Mrs. Hector T. Currie, while Mrs. W. R. Shaw and Mrs. Norman MacLean cut the ices. Friends of the bride assisted in serving. Miss Stella MacEachern, cousin of the bride was in charge of the guest book.

Following the reception Mr. and Mrs. Norton left on a wedding trip to the United States. For traveling the bride wore a brown tweed suit with brown and beige accessories and a corsage of yellow and bronze mums.

Out-of-province guests were: Mrs. H. L. Warren, Ottawa, Ont.; Mrs. Robert Thomson, Manchester, N.H.; Mr. and Mrs. Donald MacLennan, Halifax, N.S.; and Mr. Murray MacKenzie, Pictou, N.S.

KEEP IN THEM

Reducing For Children

"Oh, I'm sure Mary will out-grow being a fatty," is not an uncommon remark from parents of overweight children. But whether the child outgrows the excess weight or grows up to be an overweight adult is a considerable extent on how the problem is treated in childhood.

In an article "Treating Obesity in Children," appearing in a recent issue of the Journal of the American Dietetics Association, June Morris Norman tells of the interesting results and evaluation of a nutritionist's work with overweight children for a period of a year.

Throughout the program, the word "diet" with its unpleasant connotations of hunger and restriction was taboo. Rather, the term "food plan" was used. In the majority of cases, the food plan was looked upon as a game, fun, a challenge or even "more than I have been eating." Of particular significance, where the overweight child looked upon the weight control food plan as punishment or deprivation, the plan usually led to failure.

When it was felt that the child was really interested in losing weight and was old enough to cooperate, the food plan was worked out with the child alone. This age was found to be nine years. In other cases, the plan was discussed with the child in the presence of his parents. Emphasis was placed on the foods a child could have, not on forbidden foods. Substitutions, low calorie desserts and "treats" were all discussed.

"Treats" played an important role in maintaining morale. A fourteen-

year-old, for example, was permitted to treat a day, either in the form of a between meal snack or dessert. Psychologically, it turned out, the most popular treat was the soft drink with the gang. Of underlying importance, the treatment enabled the teen-ager to remain part of his or her group. The study revealed that not only did the youngster seem fairly well satisfied with the one indulgence, but often



Will she outgrow the excess weight?

such "treats" were voluntarily limited to every other day or only on week-ends.

With the younger child, success was more directly the responsibility of the parents. They had to be well informed and willing to spend the time and effort involved in making substitutions and keeping the food plan interesting so that the young child would be happy and a weight loss accomplished.

Flexibility was the keynote of the method used—always with the positive approach. Tomorrow, a mother and daughter stammering story . . .

Chicken Souffle

1/2 cup butter or margarine
5 tbs. enriched flour
1 1/4 cups milk
3/4 tsp. salt
1/2 tsp. pepper
4 beaten egg yolks
1 cup grated Swiss cheese
1 1/2 cups chicken, cooked and finely chopped.

4 stiffly beaten egg whites.
Melt butter; add flour and blend. Add milk gradually and cook over low heat until thick, stirring constantly. Add salt and pepper. Stir small amount of mixture into beaten egg yolks. Return egg mixture to white sauce and blend. Fold in cheese and chicken, then stiffly beaten egg whites. Turn into 6 to 8 individual casseroles (one large casserole may be used). Bake in slow oven (325 degrees F.) 45 to 50 minutes. Serve immediately.

SALMON RIVER

The Spey river in Scotland, famous for salmon, flows 110 miles to the Moray firth.

Wife Preservers



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