



MR. AND MRS. J. H. GRIFFIN

**Justweds Will Make
Their Home In Ontario**

The altar of Holy Angels church in Courtis was decorated with baskets of pink gladioli and white baby mums, when Anne, only daughter of Mr. and Mrs. Jake Wollersheim of Courtis, exchanged wedding vows with James Howard Griffin of Hamilton, Ontario, son of Mr. and Mrs. Edward A. Griffin of Hamilton, Prince Edward Island. Msgr. H. Griffin of Edmonton, uncle of the groom, performed the double ring ceremony and officiated at the nuptial Mass. After H. J. Doiron of Mill, B.C. officiated the choir, Miss Adelaide of Fort Macleod was organist, Miss Agnes Thielens was soloist, accompanied by Mrs. Jean, both of Lethbridge. The bride, given in marriage by her father, wore a floor-length gown of nylon tulle over tulle with insets of Chantilly lace on the skirt front and alternate ruffles of lace and tulle on the back. A lace bodice featured Queen Victoria collar and lily-of-the-valley sleeves. Her finger rings were nylon net held by a lace and pearl trimmed headpiece. She carried a bouquet of red roses and white mums. Attending the bride as matron of honor was Mrs. Jean Thielens. Courtis, dressed in pink nylon tulle with full ruffled waist-length skirt and taffeta cummerbund. She carried a bouquet of pink roses and white carnations. Miss Penny Griffin of Bloomfield, P.E.I. sister of the groom as bridesmaid and she wore an embroidered net over nylon and carried a pink and white bouquet. Supporting the groom was Mr. Patrick Murphy of Fort Saskatchewan and the guests were ushered by Mr. David Wollersheim.



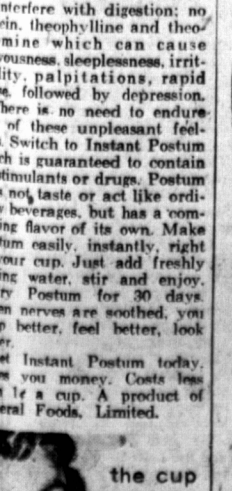
**I was a
bundle of nerves**

My nerves were that bad the least little thing set me off. I was irritable, tense, easily depressed, and I slept badly. And as if that wasn't enough, I'd get indigestion.

Many people experience unpleasant feelings because their systems are disturbed by ingredients present in everyday beverages. While some people can drink tea, coffee, cocoa, and some soft drinks without harm, others cannot.

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POSTUM

CAN'T DEFINE PROBLEM

What is the problem? I hardly know. We live on a very limited budget and usually work in the yard in any spare time. Our neighbors are older people mostly, and our son lacks playmates. Also I feel out of place socially, dull and uninteresting, at a loss to make conversation—and I want to be a good wife and mother. I know how important it is to a child's rearing.

My parents always worked hard (they live on a farm and were too busy for community or social activity. They didn't know how to relax, have hardly any friends and so out very little.

Mother would keep my son and let me go back to work, but I want to learn to stay home and make it a place of fun and happiness, where our son will want to bring his friends as he gets older.

How can I gain self-confidence and learn to participate socially, so that I won't feel I am here on earth to no purpose.

G.G.

TIME IS HEALER

Dear G.G.: By and large, your story refers to a siege of emotional illness. As for what causes emotional illness, who knows?

Fortunately, however, we are beginning to recognize—doctors are beginning to see and report—that types of emotional illness run their course and heal themselves, just as varieties of physical illness do. And possibly the would-be helpful efforts of medicine and psychiatry today—in trying to cure or assuage the different forms of emotional illness—may be as wide of the mark (though as well meant as was "blood-letting" in George Washington's time).

Your recent distress—feelings of having no real purpose in life, of being dull, uninteresting, out of things, unable to "mix" conversationally, etc., are familiar symptoms of "emotional depression" so-called—a kind of cover-label for emotional illness not specifically defined, as to cause and cure.

Since you are under a doctor's care (a sound precaution, now receiving a brand of therapeutic support that helps "quite a lot," I think you ought to calmly accept the proposition of riding out the storm, so to speak.

LEARN TO RELAX

In other words, don't be making things harder on yourself during this bout with (let's say) emotional pneumonia, by trying to drive yourself (while in a stricken or convalescent state) to a social performance that only a person in excellent health could deliver. Stop picking yourself to pieces, anxiously and pitifully, on the score of what you aren't able to do at this time.

You say your parents haven't known how to relax—so maybe you've never learned, either. I suggest the time is ripe for you to learn how. Begin by learning how to tune in on God's healing. Pray for the boon of faith in him, and experience for yourself the fullness of His answer to your whole-hearted reliance upon His care. When on the beam of this source of help, you will find yourself led to, or presented with, the literal down-to-earth knowledge you need, to regain emotional health and establish harmonious abundant social relationships.

To get on the beam of recovery, you might read *The Sermon on the Mount* (Harpers), by Ernest Fox. Or *The Healing Light* (Macalaster Park by Agnes Sanford).

MARY HAWORTH

**Can't Find
The Reason**

Dear Mary Haworth: I am 28, married 10 years and have a wonderful husband (who'd like to help me, if we knew how; also a son, now nearly three. Dick and I were married just out of high school, when I was 18 and he 19. We were together, fortunately, during his years in the air force—and I was employed. When we came home he resumed his old job and we built a nice house; and I took up the role of housewife and mother.

Last September my husband went back to school—to get a college degree. He is doing real well and has a part-time job. In November I had a nervous breakdown and was hospitalized, with psychiatric care. Later, after coming home, I had a relapse.

(Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.)

MONSTER BATS

The "flying fox" of tropical Asia is actually a species of bat, with a wingspread of five feet.

**Lady Aberdeen's
Good Works Live On**

In this Business and Professional Women's Week many names of the prominent women of today are being mentioned. Also those of an earlier era are being recalled. One of these great names is that of Isobel Aberdeen, the Marchioness of Aberdeen and Temair. Although technically Lady Aberdeen did not qualify for either business or a profession yet she worked with women who were leaders in both categories.

In Time and Tide publication there is a reference by Four Winds in *Diary* that makes for topical reading in this Business and Professional Women's Week. The article is as follows—

One of my favourite autobiographical works of the twentieth century is *We Two*, which records with so much warmth, wisdom and humour the private and public life of Lord and Lady Aberdeen.

Turning over the pages a few days ago I realized that March 1957 marks the centenary of Lady Aberdeen's birth. A century is a long time and it is consoling in times of so much violent unrest and change to reflect that certain kinds of public work—good works in the highest sense—have a continuity and a fruitfulness unbroken by the cataclysms that have shaken the world, or the sharpest of political changes.

During Lord Aberdeen's Vice-Royalty in Ireland before the first World War, Lady Aberdeen was ceaselessly active in such matters as housing, town planning, hospitals; ideas and projects begun at that time are still bearing fruit, not least the modern planning of Dublin.

She was also a pioneer in the fight against tuberculosis and must have been one of the first to realize that the struggle against disease has to be conducted on an international, not merely a national front. Her inspiration and the fruit of her work can be traced in the World Health Organization today, as well as in many other spheres of national and international social welfare.

**Seafoods Are Enjoyed
In Various Fine Dishes**

Over fifteen fish and shellfish dishes were temptingly displayed at the Fisheries Council of Canada's buffet luncheon in Ottawa held September 18 in connection with National Fish Week. The buffet prepared by the chefs at the Chateau Laurier was a visible tribute to the wealth of good eating from our inland lakes and streams and marine waters.

Along with the buttered brown and rye bread and lemon wedges served with these favored fish were help-yourself bowls of a tantalizing cocktail sauce. It's a recipe worth adding to your own repertoire.

As well as being a good "dip" it can be used as sauce for many types of seafood cocktail and is an excellent dressing for fish blends used in sandwiches and salads. The following recipe is a speciality of the Chateau Laurier.

LAKE VERDE W.I.

The monthly meeting of the Lake Verde Women's Institute was held at the home of Mrs. Ira Redmond on Wednesday night, September 11th, 1957.

Mrs. Harry Kelly, president opened the meeting in the usual manner with the reading of the Creed. Roll call was answered by seven members and two visitors by a contest which was won by Mrs. Raymond Wood.

Mrs. Ivan Redmond and Mrs. Joseph Shea were appointed on the sick committee. \$5.00 was voted for the Cancer campaign.

The members planned to meet at the home of Mrs. Joseph Curley, on Monday night, September 16th, to present her with a gift. Mrs. Francis Kelly kindly invited the member to her home for the October meeting. Roll call to be a guessing contest. The meeting then adjourned.

Collection amounted to \$1.60. Mrs. M. J. Melvor was the winner of the prize in a game of cards. Lunch was served by the hostess, assisted by Mrs. Owen Callaghan and Mrs. Francis Kelly.

SEAFOOD SPICE SAUCE

- 3/4 cup tomato ketchup
 - 3/4 cup chili sauce
 - 1/2 cup fresh horseradish, grated, in vinegar
 - Dash tabasco sauce
 - Few drops Worcestershire sauce
 - 2 teaspoons finely chopped parsley
 - 2 teaspoons finely chopped chives, green onions or shallots
 - 1 tablespoon freshly ground pepper
 - Juice of one lemon OR 3 tablespoons malt or tarragon vinegar (optional).
- Blend ingredients together thoroughly. Let stand, covered, in refrigerator, at least two hours to blend flavors. Makes approximately 1 1/2 cups. If desired, sauce may be thinned with additional lemon juice or vinegar.
- NOTE: 2 tablespoons prepared horseradish may be used instead of the fresh grated horseradish with vinegar.

**Power-Howard Wedding
Solemnized At St. Mark's**

A pretty wedding was solemnized recently at St. Mark's Church, Burton, when Katherine Jean, daughter of Mr. and Mrs. Thomas Howard, Cape Wolfe, was united in marriage with John Henry, son of Mr. Edward Power and the late Mrs. Power of Newton Cross, P.E.I.

Rev. Joseph Trainor performed the ceremony and celebrated the Nuptial Mass. The altar was decorated with lilies-of-the-valley. Miss Belle Howard, aunt of the bride, played the wedding march and Mrs. Dorothy Rogers, soloist, rendered "On This Day, O Beautiful Mother" and Jesus at Thy Feet I'm Kneeling." The bride, given in marriage by her father, looked lovely in a gown of white lace over satin, chapel length veil held in place by a coronet of seed pearls and sequins. She carried red roses.

Her sister, Miss Leona Howard, as bridesmaid, wore pink net over taffeta and carried a bouquet of pink carnations. Mr. Edward E. Power was best man while the ushers were Robert and Errol Howard.

Mrs. Howard wore a rose crepe dress with matching beige accessories and a corsage of yellow carnations.

Breakfast was served at the home of the bride, hostesses being Misses Belle and Katherine Howard, aunts of the bride and Mrs. Everett Collicut, who made and decorated the wedding cake.

HUGE SHARKS

Largest type of shark, the whale shark of the Pacific and Indian oceans may reach a length of 60 feet.

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Be dream-ready for chill nights in these cozy flannelette print pyjamas of Pink, Blue or Maize. Long sleeves, Mandarin collar, long pants. Sizes 32-40.

Assorted styles and colors — Maize, Powder Blue, Pink and White — in these rayon-tricel panties, with lace and nylon trim, elastic at legs. Sizes 3-M-L.

Another "Formfit" masterpiece, this white cotton broadcloth bra, with foam rubber strips in lower bust. Be fashion-wise. Figure-wise, with "Formfit" Brasiers in sizes 32A to 38C.

Smartly fashioned by "Formfit" for the Silhouette Set. Of elastic net, ribbon sheer bias front panel, satin elastic back panel. 2 1/2" waistband. White only. Sizes small, medium and large.

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