

It Seems That One "Taste" Leads To Another

By Ida Jean Kain

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Dieting homemakers lament that their downfall comes not at mealtime—but during meal preparation. It seems that one "taste" leads to another.

EAT BREAKFAST

Admittedly, it isn't easy for the cook to cut calories. But the science of nutrition, coupled with an honest desire to control weight, can work miracles.

Usually, you might like to save the breakfast fruit or juice and have it at the morning zero hour.

A PROTEIN PICKUP

The reason dinner preparation is such a diet hurdle is the longer interlude between lunch and dinner. Energy lags in the late afternoon when blood sugar tends to fall.

While preparing dinner, have a dish of crisp celery stalks handy, or sip a cup of hot bouillon.

Eat a good dinner, but no second helpings. Have lean meat, one starch, a filling vegetable and a salad with low calorie dressing.

MARY HAWORTH

Widow Finds Growing Hard And Also Dull

Dear Mary Haworth: Could you please tell me—a widow, who has worked for 10 years and been self supporting—how I might work out a plan to relieve my economic stress? I am unable to meet present expenses, much less provide for the future.

My salary doesn't cover expenses, and I find myself in a constant financial squeeze and mental turmoil. I have read the books on constructive thinking, etc., that you recommend, and many more besides—in search of mental, spiritual and physical health; but haven't solved the problem yet.

I want to rid my mind of fear but cannot in the present setup. I live in a small apartment and have to eat out. I am really not physically able to work; also I have no recreation and sociability. Is there any help for us widows? M.L.

MISSPENT ENERGY

Dear M.L.: It appears that you've been trying to solve your problems with your own strength, with the result that you've spent your potentially creative energies in meditating worriedly on your unmet needs—thus perpetuating your captivity to want.

A better way to handle the situation is to recognize that you are completely involved with the human race, that you aren't alone in life, and that it would be profitable to move outwards, socially, in search of deliverance from your current limitations.

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"We are all members one of another," as St. Paul has said, in referring to the spiritual interrelationship of believing persons, who recognize the reality of Jesus Christ's mission on earth; to recognize God's gifts, to be abundant for mankind.

Paul was using vernacular words to describe what has also been called "the mystical body of Christ"—namely the fellowship in every generation of those persons whose lives are consciously dedicated to God's uses; to helping His kingdom come, His will be done, amongst us.

STAY IN MAINSTREAM

We have to stay in the mainstream, swimming or rowing our canoe as best we can, meanwhile always lending a hand to other people. And I imagine this is more or less what you haven't been doing, in your 10 years of financially hardpressed widowhood.

For example, you say you live in a small apartment and have to eat out. Study your apartment; is so small that one can't fix a meal in it—if one has a hospitable, cheer-giving temperament. I surmise that you eat out because you're too lonely to eat at home, in a dreary atmosphere where nobody calls. And this surmise is further sustained by your complaint that you need "more recreation and sociability."

AVAILABLE TO ALL

Walking is free and so are church going and church work—three forms of recreation and so stability available to anybody. And such activity, undertaken as a discipline until you've formed the habit and begin to enjoy it, might make a growing great difference for the better in your health—of body, mind and spirit.

As you begin to branch out and enlarge the scope of your human contacts and personal expansiveness, you will be making opportunities for good fortune to reach you. You might come upon more congenial or better paid work; or meet with an offer to share an apartment or house with some woman who wants a companion; or you might marry again, M.H.

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

Recently married at the age of 57 in Taipei, Formosa, was a couple who had waited for 37 years to wed, parental objections having prevented the marriage when they were young.

ANNE ADAMS PATTERNS



SMART STEP-IN

Go EVERYWHERE in this graceful summer frock—it's the perfect style for any occasion! Easy step-in, cool standaway collar three sleeve versions for your sewing pleasure. Have it in a gay cotton print, a dazzling white pique, or lustrous silk fabric!

Pattern 4775: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 4 1/2 yards 35-inch; 7-8 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 plain) SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept. 60 Front St. West, Toronto, Ontario.

MORNING SMILE Auctioneer: "What am I offered for this beautiful bust of Robert Burns?"

Man in Crowd: "That ain't Burns—that's Shakespeare." Auctioneer: "Well, folks, the joke's on me. That shows what I know about the Bible."

Words Of The Wise No task is as difficult as striving to become a civilized person. But the lasting happiness which comes with that attempt makes the effort seem small indeed as compared with the value to be gained.



THE FISCHAL-BEATON WEDDING WAS COLOURFUL

HAPPENINGS

Mr. and Mrs. Robert Jones, who were married recently, are on their wedding trip to Cambridge, Mass. They are the guests of Mr. Jones' sister, Mrs. Stanley Sanford and Mr. Sanford.

Miss Mary Tait, Southport has as her guest Miss Ruby Johnson of Vancouver, B.C. Mr. James Tait, who is now visiting his father, Mr. C.A. Tait for a short holiday, is driving Miss Tait and Miss Johnson as far as New York.

Mr. and Mrs. Joseph de Pencier are going to Ottawa for the Price-Bate wedding on July 7. Mrs. de Pencier is the daughter of the late Mr. and Mrs. H.A. Richardson, the latter General-Manager of the Bank of Nova Scotia.

Mr. and Mrs. M. S. Hubley, Brighton, Massachusetts, have arrived in Charlottetown. Accompanying Mr. and Mrs. Hubley were Mrs. Fulton Coffin and son, Robert of Charlottetown, who have been visiting Boston the past week.

Mr. Arnold L. Hubley, Assoc. B.A. of Brockville, Ontario, arrived in Charlottetown on Sunday evening. Mr. Hubley will be visiting many friends and relatives in the Province, during the summer months. Mr. Hubley is Director of Commercial and Vocational Training at Athens District High School and Vocational Institute at Brockville.

Mr. and Mrs. John Smith, Brookline, Mass., and their two children, Vicki and Dennis are visiting Mr. and Mrs. Neil Young, Birchwood Avenue.

HIGHFIELD W.M.S. Mrs. Perley Taylor was hostess on Tuesday evening, June 11th to Highfield W.M.S.

Group Capt. and Mrs. H.R. Stewart, Ottawa, have arrived for a holiday at Brackley Beach Lodge.

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Constable Weds Daughter Of High Sheriff Of Queens

The lovely bride was in traditional white lace and the handsome groom in the scarlet and blue dress uniform of the Royal Canadian Mounted Police at the wedding 5 June, 1956, at 9.30 a.m. of Miss Mary Francis Joan Beaton, daughter of Mr. and Mrs. John L. Beaton, Charlottetown, R.R. No. 3 and Constable Albert Robert Fischl, R.C.M.P. Police, Charlottetown, son of Mr. and Mrs. Joseph Fischl, Middle Lake, Saskatchewan.

The wedding was solemnized at Saint Dunstan's Basilica with Nuptial mass. The officiating clergyman was the Rev. Father F.J. Corcoran.

Mr. Frank MacIntyre sang the following numbers: Panis Angelicus—Caesar Franck; Ave Maria—Schubert; Mother at your feet is kneeling—Sister S. C. Notre Dame.

The church was beautifully decorated with roses, chrysanthemums, ferns and vigil lights.

The bride was given in marriage by her father, Mr. John L. Beaton. She was wearing a white strapless formal length gown of imported Chantilly lace and nylon tulle over satin with matching jacket. The latter was fashioned with long pointed sleeves. The bride's headdress was coronet style embroidered solidly with pearls. The coronet held in place by a finger-tip veil of illusion lace. The bride carried a cascade bouquet of American Beauty roses.

The groom's mother wore navy and white with pink accessories and a corsage of pink carnations. The honeymoon was a motor trip through the Maritimes and Eastern United States.

The bride's travelling costume was a pink hand-woven nylon dress with matching duster. She wore a white hat and matching white accessories.

Constable and Mrs. Fischl will reside at Mt. Edward Road, Charlottetown.

The out-of-town guests attending the wedding were the following: Mr. and Mrs. Joseph Fischl, Middle Lake, Saskatchewan, Mr. and Mrs. William H. Devin, Rosindale, Mass., Mrs. Francis P. O'Donnell, Chatham, N.B., Mr. George McNair, River Hebert, N.S.



McKAY - BROOKS

The marriage of Sylvia Edna Brooks, daughter of Mr. and Mrs. Henry Brooks, Red Waters, Alberta, and Donald Russell McKay, son of Mr. and Mrs. Dan F. McKay, New London, P.E.I., took place in Red Waters United Church on March 24, 1956 at 2 p.m.

The bride and groom will reside in Edmonton, Alberta, where the groom is stationed in the Air Force.

Married in August, 1954, a Detroit couple now has five children. Leaving become the parents of, first, twins and then triplets since that time.

Arrested for the hold-up of a drugstore in New York City, a patient from a Veterans' Administration hospital said he had committed the hold-up to prove to himself that he wasn't a coward.

Advertisement for Purity Oats featuring a large '33' graphic and text: '33 BIG SERVINGS IN EVERY 13 QT. BAG'.



GLORIA BELL, R.N.

AT OTTAWA

Gloria Bell, daughter of Mrs. Bell, Ottawa and Mr. Douglas Bell, Cape Taverse, graduated at the Ottawa Civic Hospital School of Nursing on June 6, and was honoured by the presence of her grandparents, Mr. and Mrs. James Stevenson, Rustico and her aunt, Mrs. Clifton Ince, Desable.

School Teacher Becomes Pilot For The Summer

FORT WILLIAM, Ont. (CP)—Ruth Parsons plans to leave her classroom this year and take to the air, temporarily at least. The only flying school-teacher at the Lakehead, she intends to work as a commercial pilot for her brother's company at Kenora, Ont.

Miss Parsons has been teaching school here for the last three years but she says "I have wanted to fly for as long as I can remember." She took her private flying license five years ago and three years later got her commercial license.

Her work as a bush pilot at Kenora will involve transportation of everything from freight to fishermen, tourists and hunters. Her area of operations will be "anywhere people want to go," in Ontario's dense bushland but will generally be limited to a circle around Kenora.

Miss Parsons' pupils, however, may be welcoming her back to the classroom eventually. She has not decided definitely between teaching and flying.

"I'll comment after I've tried flying for a year," she says. In the meantime she is looking forward to a summer of "very interesting work."

Record typing speed in the United States is 149 words a minute for 60 minutes, set by Margaret Hama at Chicago in 1941.

After his car was sideswiped by a hit-and-run driver, a Lafayette, La., man drove to a garage for repairs, discovered the repairman was the hit-and-run driver and handed the \$50 repair bill back.

the school closing. Collection was 55 cents. Mrs. John Matheson invited the members for next meeting; roll call to be answered by an article for an auction sale.

Programme committee is Mrs. John Matheson and Miss Grace Food. The meeting closed with the Lord's Prayer, a delicious lunch was served by the hostess.

WOMEN

ELLEN'S DIARY

Bliss Island Brides

Each day now, seems to bring us some added and surprising nicety. This morning when the sunrise stole to the valley, we had no idea that before the day was spent we, at Alderlea, would have touched shoulders with a couple of guests just come from a wedding.

Today first brides, improved kin of the common flag of dampish places gave their hearts to the sunshine. And neighboring them in the border, columbines are in full bloom. Relics of an old garden, demure as Victorian maidens these are. Soberly but fetchingly dressed in pastel and darker blues, in white, and yellow and in those engaging warm hues, the "plum" and "magenta" of fashion's bygone years.

"Today brought a spot of lumbering to Rob and Jamie; it gave a spell of fencing to James with Gage and Mack for his alert help, and it took the younger farmer of this place and the Nell-mare off to first scuffling in the mangel-patch. This will lead up to the wedding, evidently no small undertaking in James' mind."

A clean merry little wind of Wednesday came down from up the creek to touch the millpond lightly here and there to silver ripples and be off then to wander happily along the fields. To home then in the sunset as farmers do to the choring.

Listen! Yes, rain on the roof and pouring off an eave-spout! Rain now, but today brilliant sunshine to make happy and bliss Island brides.

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

BROOKFIELD W.I. The regular meeting of the Brookfield Women's Institute was held at the home of Mrs. Gordon MacLeod on June 5th. Meeting opened by repeating the Mary Stewart Creed in unison. Roll call was answered by 11 members. Minutes signed.

The school and Sick committee had no reports, 1 tunic and two pairs. Ankle socks were passed in for the Red Cross. Bills amounting to \$7.23 were ordered paid.

Correspondence was read by the Secretary. Mrs. Preston Seaton was asked to see about getting ice-cream for

Large advertisement for J. Zakem's Food Specials featuring various products like HAMS, Broilers, Plate Ribs, Kidneys, Wieners, Coffee, Baking Powder, Rice Krispies, Light Bulbs, Toilet Tissue, Damson Jam, Shortening, Jello, Wax Paper, Oranges, Radish, Spinach, and Purity Oats.