



Y'S MENETTES TO HOLD FASHION SHOW

Mrs. Robert Williams, Mrs. Tom Davies, Jr. and Mrs. Andrew MacRae, (left to right) are three of the models who will be appearing in the Charlottetown Y's Menettes annual fashion show being held at the YM Gymnasium on May 28 and 29. The show is being convened by

Mrs. Brian Cudmore and Mrs. James MacKay. The ticket convener is Mrs. John Evans. This year the theme of the show will be Ship 'nd Shore and will feature casual clothes for day and sports wear. The other models are Miss Eileen Hayter, Mrs. Ron-

ald Ketch, Mrs. John Hodgson, Linda Clark, Mrs. Andrew Humphrey, Isabel Allen, Mrs. Roy Vessey, Janet Williams, Miss Iphigenie Arsenal, Judy Ballum, Mrs. Don Atkinson, Marilyn MacDonald, Master Blair Cutcliff and little Miss Cynthia Cudmore.

St. Mark's Guild Holds Its Annual Easter Tea, Sale

KENSINGTON — Sunshine and fair weather greeted the ladies and a few gentlemen who attended the St. Mark's Guild annual Easter tea and sale held in the church hall at Kensington on Wednesday afternoon, April 25.

Inside the building Spring-time decorations featured a stage backdrop in white and d pastel colors, flanked by pseudo trees, as well as cut flowers and potted plants. Tables for four were centered with small bouquets featuring daffodils.

Mrs. J.W. Sheen, Mrs. Ernest Mill, Mrs. Lloyd Howard and Mrs. Cecil Mill presided at the tea table, lighted with tall tapers.

Mrs. S.E. Peppin welcomed the guests, Mrs. J.G. Townsend attended the ticket table, Mrs. Elmer Paynter, Mrs. Walter Moore and Mrs. Francis Moore were at the bazaar and home cooking tables. The tea conveners, Mrs. Gordon Cooke, Mrs. Lester Champion and Mrs. D. L. McInnis were assisted by members of the guild and other church ladies.

WOMEN'S ORGANIZATIONS St. Dunstan's CWL Council Names Committee Heads

On Tuesday evening, May 1 at the regular monthly meeting of the St. Dunstan's Basilica Parish Council of the CWL, the president, Mrs. F.A. Coyle, announced the appointment of a number of new conveners.

These conveners are: spiritual, Mrs. Gerald Driscoll; education, Miss Alice McCarthy; finance, Mrs. Walter Morrissey; press, Mrs. J. Pendergast; report forms, Mrs. J.L. McGuigan; social action, Mrs. J.E. Fleming; telephone, Mrs. M. Robinson; girl guides, Mrs. Robert Coffin; visiting and sick, Mrs. R.J. MacDonald; TV, radio and films, Mrs. Amos Clarkin; program, Mrs. Ralph Pineau; magazine, Mrs. Lea Fisher; membership, Mrs. T. McAdam; in-structure, Mrs. Gerald Mitchell and citizenship, Mrs. Ella Connolly.

After the reading of the minutes, correspondence and the treasurer's report committee reports were dealt with. Mrs. J. MacDonald reported for the sick and visiting committee; Mrs. J.E. Fleming, convener of social action committee reported that a large amount of sewing had been done by the members for the Social Welfare Bureau; Miss Alice McCarthy reported on the highlights of the recent teacher's convention which she attended; and Mrs. Morrissey reported on plans for a tag day and cake sale to be held in May. Reports were also received from Mrs. Pendergast, Mrs. Robinson and Mrs. Mitchell.

Mrs. Clarkin invited all the members to attend a showing of films at the National Film Board theatre on May 2 and 3. Mrs. Mitchell reported making arrangements for all members to attend the annual open house at Riverside Hospital.

Delegates were named to attend the annual meeting of the P.E.I. TB League.

Miss Lella Craswell and Mrs. Winford Bridges presented another chapter of the Study entitled "The Rural Church". Mrs. Donald Matheson was in charge of the Worship service using for her topic "Easter". The Scripture reading was taken from I Corinthians Chapter 15, Verses 1-11. In the meditation that followed the leader pointed to the facts that Easter is the foundation of the Church's Gospel and that Easter is a demonstration of God's mighty power, that in obedience to him we can have newness of life. The leader then led in prayer followed by the Lords Prayer in unison. Hymn No. 311 was sung and the meeting closed with the Benediction.

Lunch and a social hour followed the meeting.

GRAHAM'S ROAD W.I.
The April meeting of the Success W. I. was held in the schoolroom recently with 12

members in attendance. The meeting opened in the usual manner.

Red Cross collectors reported the sum of \$43 was contributed to the annual Red Cross Campaign. In her report the treasurer reported that the Institute had \$115.53.

The meeting decided to shelf the subject of a first aid course for the present time. Correspondence was dealt with. Several articles of Red Cross work were reported received by the conveners.

Mrs. Angus Green presented an interesting paper on agriculture entitled "Can A Farmer

Make a Good Living On a Small Farm." An interesting discussion followed the presentation of the paper. Mrs. Doris Marbes entertained the members with a slogan contest.

Mrs. George MacLeod gave a demonstration on the hanging of prepacked wall paper.

Mrs. Duncan Cole will prepare a paper on citizenship for presentation at the May meeting. A home cooking sale will be presented at the next meeting.

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MARY HAWORTH

Young Wife Of Traveller Is Sick With Loneliness

Dear Mary Haworth: My husband and I have been married for 16 months. I love him dearly even though we've had many disagreements in this time. He requires travel and he's never home for long — two months at best.

Both of us had been married before and our partners died. He has two children, ages 20 and 15, and I have a son, 14, now in military school. I was employed until we married, then he expected me to stay home, which at first I wanted, too. But more and more I know a loneliness that is making me ill.

He is becoming ever more careless about keeping in touch. He knows how I long for a letter; and now I am ready to settle for a telephone call. As I write this, I don't even know where he is staying.

I tell myself he works hard, including weekends; but even so, I have to admit that he's not out of reach of telephones and could place a call if he chose to make the difference between my being a happy housewife or a forlorn woman going to pieces.

In this case of self-pity? Give it to me straight. I am so confused, not knowing whether to go or stay. My husband says if I return to work I can get a divorce. I don't know the story of his first marriage, but he says this is what happened and he doesn't want the experience again.

All that keeps me here is the love I feel for a careless husband. Please advise me. E.G. Dear E.G.: In a massive study of factors contributing to success or failure in marriage, among other things, that traveling men are among the poorest of marriage risks.

Your husband's insensitive unmarried attitude of mind seems a case in point. He has no notion how to be married, in terms of loyal psychological unity. He is so geared to being a

loner, going the rounds of his circuit that he can't really sympathize with your forlornness of spirit in his absence — a forlornness due to the fact that your emotions are addressed to the concept of whole-hearted conjugal companionship.

Probably he has grown accustomed to putting home a d family out of mind almost entirely when on the road — perhaps unconsciously to silence the debate with his conscience, concerning his happenstance divorces away from home.

His stubborn objections to your taking a job suggest that you may be projecting disapproval of his own after-hours performance into his thinking about "what might happen" if you were absent on your own in the business world.

It is axiomatic that to the pure in heart, all things are pure; whereas "all seems infected that the infected eye." His attitude isn't loving or protective; rather it is suspicious and possessively indifferent to your rightful need of wholesome fellowship.

All things considered, I feel you have a just grievance. I feel indeed that you have a duty to get a job, to bring yourself out of isolation and break the spell of sick anxiety, in reasonable defiance of his inconsiderate bias. Certainly it would be silly to bow to his bluster, while going to pieces in the process.

To make sure you are right before going ahead and getting a job, have a few searching talks with a family relations counselor. If your self-help policy leads to divorce, so be it. But I don't think it will. When you know what you are doing and why, your husband will respect you more.

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

Variety Concert Is Presented By Baptist Explorers

The Explorers, a junior girls' group of the First Baptist Church, Charlottetown, presented a delightful concert Monday evening in the church hall, before a large and appreciative audience of parents and friends.

A playette, recitations, singing and instrumental numbers, combined to make the occasion a very pleasant and happy one. The program consisted of: A Playette by the entire group entitled, "The Coming of the King" recitations by Linda Phillips, Debbie Somers and Debra Ward a vocal solo by Gail Robinson, a piano solo by Jo Anne MacMillan and several choruses by the group. A special feature of the concert was a vocal solo by four-year-old Debbie Milton who sang the motion song, "My Cup is Full and Running Over".

Mrs. J.W. Ballen was the accompanist and director of the music and she was assisted by Mr. Keith Robinson on the violin.

The chairman was Mr. R. J. Rupert, who on behalf of the church, commended the Explorers and their leaders Mrs. Keith Robinson and Mrs. Vernon Milton "who as a result of much work and planning had developed such a happy and worthwhile group." The Explorers is a junior girls' group who members graduate to the CGIT at the age of twelve.

Prior to and following the concert, the audience viewed the many pieces of handwork relating to the Explorers mid-week activities.

The offering was received by Dean MacEwen and Wendell Murray.

The service concluded with prayer and benediction by the leader.

Household Hint

Plastic drapes or shower curtains will stay soft and pliable if several ounces of glycerine are added to the rinse water.

ELLEN'S DIARY

Repairing Of The Bridge Is Cause Of Excitement

Suddenly Scamp barked, excitement in the yelps, in this afternoon's sunshine and quiet, and sped off down the lane. A robin hushed his singing. Cats sought shelter. Sparrows, surprised, flew to the heights of lilac shrubbery and waited wondrously there. A tractor left the barnyard. Another approached along the fields. James came from the stables to stop at the door.

"Ellen" he called. "I guess by the looks of things, we're about to try to get these bridge-tanks moved from that place in the stream where the freshet left them and on the way to being put back in place again. And I'm thinking it will be quite a chore, they're so big and heavy. But the pair of tractors should move them — if they get good footing, and all goes well."

What a foregathering there was to that site by the stream! James himself, his sons, and all the grandchildren, Jamie. Mr. C. too, an experienced hand at such work, joined them, come down from his house on the hill. And the two dogs — one great shaggy-coated Scamp, and a d small sleek Sandy-dog, who, we chuckled thinking of it, born to these times, had ridden to the scene by way of Rob's truck!

How many horses would be required to move one tank? we wondered, coming to the yard a minute to watch the tractors at work. And watching, we remembered that one day in a school — teaching year, we had seen teams haul one similar, in a strange burden for those times, along a quiet country road. We recalled the thrill we had experienced in witnessing that great undertaking at a time

when "Tractor" was only a vague word in island farming, it being for the most part some new-fangled machine they were commencing to use in the Canadian West, and here Island horses were still in their heyday.

It proved to be, as James had suspected "quite a chore" for machines and men. However by suppers time, both tanks had been reclaimed, and left to rest at the foot of the lane until such a time as they would be reset in their former positions in the bridge there.

And "So far, so good!" James smiled then, obviously well pleased with the progress toward the rebuilding the afternoon had made. Meanwhile we maintain connection with the roadway on foot, by way of the narrow deck of plank spanning the stream.

"Do you remember," we say to the children, "I'll say in later years of this spring. And he a little uneasy when they see the freshets roll. Now we have the spring-miracle of the jewelled coral on the sheltered rockshrub by the window, the bright new green of a shrub at lane's end.

This morning the young farmer looked off over the fields warming in the sunshine of this lovely day.

"A few days like this" he nodded, "and it wouldn't be too long before some of the stock could be off to the grass. We must" he said "get the fence straightened up around that near pasture for the sheep. Shortly now they'll have to come home from the other place, for the lambing season will be on."

So hushed this night is. But in

IDA BAILEY ALLEN

Vegetables Are Source Of Vitamins, Minerals

BY IDA BAILEY ALLEN
TIRE D much of the time? Complexion dull or dingy? Developing dermatitis?

Your physician may suggest more fresh fruits in your daily diet for their natural mineral and vitamin content. This does not mean being confronted with several plain-cooked vegetables at each meal.

DON'T DISCARD LIQUIDS
No matter how they are used — in soups, in combination with other foods such as meat-and-vegetable loaf or scallop or hot or cold in salads, the minerals essential to body functioning are retained whether added raw or cooked — and this is important — the liquid in cooking the vegetables is practically evaporated as in the pan-frying method or used in an accompanying sauce or a "made" entree.

Minerals are not lost in cooking unless the liquid is discarded.

TOMORROW'S DINNER
Tomato Soup from the Deep South
Three Meats-Vegetable Loaf
Green Sauce
New Beets in Butter Sauce
Upside-Down Pineapple Gingerbread
Coffee Tea Milk
Measurements level
recipes for 6

TOMATO SOUP
FROM THE DEEP SOUTH
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
2 cups stewed fresh (or 1 pound can) tomatoes
2 teaspoons instant chicken or beef bouillon powder
1/4 teaspoon parsley flakes

the meadows there are stirrings. Mother Nature commences to spread her green — gold carpet there.

Until tomorrow — Diary — Good-night.

CONFIDENTIALLY YOURS

—by Byrne Hope Sanders

MONTREAL, May 3rd — What's the outside story on your home? Now's a good time to take stock of the outdoor repairs and improvements you'd like to make. Once you've made up your list of the things that need doing, drop in and see the people at your neighborhood branch of the BANK OF MONTREAL. A low-cost B of M Home Improvement Loan can provide the necessary cash to get all the required work underway and completed in a minimum of time. And a B of M H.I.L. can be repaid in low monthly instalments to suit your convenience. So, why not get your home shipshape before summer — see your nearest B of M without delay.

H. BENNETT CARR
Insurance Counselling
Dist. Supr. Sun Life of Canada
Phone 4-8817 — 4-5435
Charlottetown, P.E.I.

EAT WHOLESOME MEALS AND STILL LOSE WEIGHT on the AYDS Vitamin and Mineral Candy Reducing PLAN. No crash diets are involved, no preparation. Taken as directed before meals, Ayds help curb your appetite. You eat less and lose weight... without excessive hunger pangs, sleeplessness or nervous irritability. In fact, you must lose weight with your first bite (only \$3.49) or they will refund your money. Ayds Candy Reducing Plan — vanilla, caramel or chocolate fudge-type — is available at your drug or department store drug counter.

SOMETHING TO LOOK FORWARD TO after a day of Spring cleaning... the lovely luxury of a CALGON BOUQUET bath. You'll feel relaxed and pampered... in just minutes, in a warm bath scented and conditioned with Calgon Bouquet. Your bath-water feels silky-soft, your bath soap lathers luxuriously... and both water and soap rinse away cleanly... with no sticky feeling and no bathtub "ring." I use Calgon Bouquet in my shampoo, too... one teaspoonful in the water helps sudsing... one teaspoonful in the first rinse leaves hair soft and shiny as silk.

THE CHEF'S TART
SPRING GREEN
SAUCE FOR MEATS OR FISH
Combine and mix 2 1/2 tablespoons each minced onion and fresh parsley, 1 1/2 tablespoons minced fresh mint, 1 1/2 tablespoons olive oil, 2 tablespoons wine vinegar, 3 tablespoons water, 1/4 teaspoon sugar, 1-3 teaspoon salt and 1/4 teaspoon pepper.

Put meats, vegetables and parsley through food chopper. Add softened crumbs; mix in remaining ingredients except last two. Dip hands in flour and shape meat into thick oblong loaf. Place in shallow oiled 7" x 11" baking pan. Bake 1 hour in moderate oven 350 degrees F. Baste 3 times with butter melted in additional hot water. Let stand 8 minutes before serving. Garnish with bouquet of cress and red radishes.

THREE MEATS-VEGETABLE LOAF
1/4 cup heated milk
1/2 pound chopped raw beef
1/2 pound chopped raw pork
1/2 pound chopped raw veal
1 peeled large potato, sliced
2 peeled small carrots, sliced
1 cup cut-up celery with tops
2 sprigs parsley
1 egg, beaten
1/4 teaspoon thyme or marjoram
1 1/2 teaspoon salt
1/4 teaspoon pepper
1 teaspoon instant beef bouillon powder
1/2 cup hot water
2 tablespoons butter or meat drippings
1/4 cup boiling water, additional
Combine crumbs and milk; simmer 3 minutes or until pasty. Stir often.

Put meats, vegetables and parsley through food chopper. Add softened crumbs; mix in remaining ingredients except last two. Dip hands in flour and shape meat into thick oblong loaf. Place in shallow oiled 7" x 11" baking pan. Bake 1 hour in moderate oven 350 degrees F. Baste 3 times with butter melted in additional hot water. Let stand 8 minutes before serving. Garnish with bouquet of cress and red radishes.

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