



MR. AND MRS. S. M. CRABBE AND ATTENDANTS.

## Double Ring Ceremony Unites Happy Couple

A quiet wedding took place at Central Christian Church, Manse, on Saturday November 24, 1956 at 2 p.m. when Lottie Enid, daughter of Mr. and Mrs. Arthur Houston, Fredericton, and Stewart Maurice, son of Mr. and Mrs. Ernest Crabbe, Milton, were united in marriage.

The double ring ceremony was performed by Rev. M. D. Dunbar. The bride wore a street length dress of china pink, peau de soie taffeta, with three quarter length sleeves, scoop neckline, and full skirt, matching headress and mitts. She carried a white Bible gift of the bride's aunt, Mrs. Guth-

rie Ballingall. Her only jewellery was a strand of pearls with matching earrings, gift of the groom. The bridesmaid, Mrs. John Peters, friend of the bride, wore a street length dress of blue crystal-ette with white hat and gloves, and a nosegay of pink carnations. The best man was, Mr. Ralph Crabbe, brother of the groom. The bride's mother chose for her daughter's wedding, a dress of blue crepe with velvet blue hat and gloves, with a corsage of yellow roses. The groom's mother wore black lurex, sheath dress with matching hat and gloves and cor-

sage of pink roses.

Following the ceremony a reception was held at the Queen Hotel, Charlottetown, for about sixty relatives and friends. Rev. M. D. Dunbar proposed the toast to the bride to which the groom responded. Mrs. Garfield MacPhee, aunt of the bride was in charge of the guest book. A three tier wedding cake was cut in the traditional manner.

The bride's going away costume was a dress of rayon and wool blue tweed topped with a turquoise coat with white accessories. Out of town guest included Mr. and Mrs. Bruce MacDonald, Halifax, and Mr. Eric Paul, Halifax. Mr. and Mrs. Crabbe will reside in Halifax for the winter months and later make their home in Milton.

Photo by Meyers.

## ELLEN'S DIARY

### The Old Year Moves On

Ever nearer to its Winter and Old Year moves, giving the waiting days of the Fall to us on the farms. And surveying the quiet skies and bare peaceful fields these days we wonder what weather is now in the offing: will it snow? Or will the glass drop to give us the ring of certain snows—hard-frozen pre-winter spells we remember of some former island-years?

And in present days of "open weather" the field-work is being continued. At Alderlea, there was manure-spreading and a bit of plowing today. And over the fields and beyond the hilltop on other farms, ends of plowing were being done. And it came to mind whimsically that it is in earthy furrows that the bones of the Old Year go to rest.

"But there may be plowing in January — it wouldn't be the first time" one of the family offered.

"Yes, and there may be drifts on the fields that a horse can't get through", another said.

"Or a silver thaw!" James reminded us, evidently recalling the burden last January's posed.

Bluejays left haunts by the mill-stream to fly up to the old orchard there to announce their shrill forecasts and to add bright flashes of wings to the sunless day. And over at the house on the hill, Mr. C. was at his banking, drawing up to it, as did James at this house, a protection of clay.

And nothing, we could fancy so easily the silvery shades of the Summer — bleached seaweed, the material used once to protect an old home from inroads of frost. It was drawn from heaps that rested near the far edge of the shore-field — there just above the red cliff. By horse and farm-cart it was taken, with usually a small girl perched in a corner of the

crispling softness. And the tangy scent of the Strait spreading its sweetness about.

And below the cliff, a tide of Fall washing the beach. Not a bit like that of Summer, so happy. This, which broke now was lonely, like the season.

And sometimes — How we should like the children to have seen those proud full-rigged schooners of old! — out on the smooth ribbon of channel, a vessel made her way harborward. Perhaps hauling in coal from Sydney for Winter-fires, to unload and pick up a general cargo there. Or it might be a fine lady going out, sails billowing, taking a little girl's fanciful with her, off to strange ports — taking too potatoes — The island-blues and the white-fleaked reds, flavored by cooks in the making of breads. Intriguing cash-crop of Fall: to pay for Winter — keep; to pay too the smith and wheelwright the saddler, the cobbler, to name some of the occupations once so necessary to rural living and now, even the terms almost vanished from there.

Along the lane from the shore-field, what a pleasant trip that was! To a rise, which looked out on the village below — the Church spire to mark the Sabbaths, the belching dark smoke, the smithy, horses at the hitching-posts the store where penny lollipops grew. Down then, the horse easing the load a bit, to the lower brook bridged with rustic poles, and up gently then to the yard of home.

Were ever the daughters of that farm afforded since more royal mode of travel than that which on a Fall day tucked one or another of them in a safe corner on a load of seaweed in the farm-cart, when their father a patient and extreme-ly knowing parent, attended to items of the banking!

Until tomorrow. — Diary —

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## KEEP IN TRIM

### Weight Increase Is Problem After Surgery

By IDA JEAN KAIN

Why is a weight gain so common after surgery? The tendency to add weight is understandable when viewed in the light of limited activity during the convalescent period. Then, too, greater emphasis is placed on tasty food to tempt appetite. Snacking at odd hours becomes a means of whiling away idle hours. It is this combination of lessened activity and increased calories intake that makes a weight gain "inevitable."

Ideally, it is best to lose the excess before surgery, if time permits, and to control weight during the inactive period by restricting meals to the basic protective foods.

Often the weight gain after sur-

gery is so gradual, it goes unnoticed—until weight has gone completely out of bounds. Today's letter should give heart to all who find themselves in such a predicament. The report from this admirable reducer from New Jersey gives convincing proof that a post-operative weight gain need not be regarded as permanent. Also, it is significant to note the credit given to the simplified calisthenics which were an important part of her slimming program.

"After a major operation, the pounds crept on . . . week after week until I woke up one morning to find I was tipping the scales at 192 pounds for 57½", large bones. When I started following your protective diet com-

bined with exercise, my measurements were 38-32-41 and I wore a size 20. Now, almost two years later and 50 pounds lighter, I measure 34-37-37, and can easily fit into a size 14 dress.

**METHOD IMPORTANT**

"The important point I want to bring out is not the fact that I was successful in reducing and restoring my confidence, but the manner in which I exercised to bring about this change. Due to my operation, I could not do the difficult straining type of calisthenics often called for, but I was determined to find some way. Here are the two exercises I used:

"For the hips—sit on floor, lean slightly back with legs stretched out, held together. In a rocking motion, roll from side to side as far over as possible—50 counts. (I lost 4 inches in this way.)

"For waist and hips—lie outstretched on floor, arms out at shoulder level. Raise right leg and swing it across left leg and swing it over. Swing back and touch floor on right side. Repeat 10 times with each leg.

"This routine only takes about 5 minutes and is just enough to be effective and yet not too much to be tiring. My favorite time is right after the children leave for school. Besides doing my figure a world of good, the exercise was helpful in stimulating blood circulation and making me feel peppier and ready to meet the day's challenge."

Congratulations to this resolute woman. Also, our grateful thanks for sharing.

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# WOMEN

Lena Caroline McLure, Women's Editor, Phone 8308

Page 8, The Guardian Friday, Dec. 7, 1956

## HAPPENINGS

Senator Elsie Inman returned Tuesday evening from Ottawa. December fifth was the Senator's birthday. Among the congratulatory messages she received were telegrams from the Prime Minister, the Rt. Hon. Louis St. Laurent and Senator Ross MacDonald, the solicitor general and leader of the Government in the Senate.

Miss Sandra Gallant has left by plane for Toronto where she will resume her studies at Loretta Abbey. Sandra is a daughter of Mr. and Mrs. John James Gallant, North Rustico.

"Red Oppression Appalls Victoria girl in Vienna is the caption of a front page story of a leading British Columbia paper. The article continues as follows:

"The oppression of Hungarian freedom fighters by Russian troops has been termed by a Victoria girl in Vienna as a '20th Century crucifixion.'"

"The people are the most courageous I believed possible for a nation to be," pianist Carol Wootton, a student at Vienna's Academy, wrote to her parents, Mr. and Mrs. R. A. Wootton, 1255 Victoria Avenue, Victoria.

"They have so much heart and spirit and have stood up to corruption without fearing the terrible consequences that are pouring on them now. They are the only people who had the spirit to stand up in the open and denounce to the world a system which can no longer exist."

She wrote that while walking with a friend, she saw two young men with packs and green badges (the wearing of the green is the sign now for all that is courageous). We wanted to cry—"Two Hungarian refugees!"

"I am going to try to give what ever help I can to the refugee cause. They need it so badly. Please

understand when I say I can't send any cards this year to the family and friends—my heart is too full and I would like to feel my free time is spent for the hungarians. The whole world is, I am glad to see, concerned over the fate of the Hungarian people and I just hope they can get the Russian panzer men out before the whole population is annihilated.

"Please don't send me anything expensive for Christmas," she wrote. "Just let me give a donation to the Red Cross here for all the wee orphans and refugees from Hungary."

Miss Wootton is a granddaughter of the late Mr. and Mrs. George E. Goff who resided at "Woodville," Cardigan.

Mrs. D. A. Matheson (formerly Blanche MacDougall), Emerald, P.E.I., accompanied by her sister, Mrs. J. J. MacLeod, Breadalbane, and Mrs. Jack McKenna, Rose Valley, left last week for Toronto, Ont., to spend a two months visit with her son D.A. Matheson, Jr., and Mrs. Matheson (formerly Vivian Keating of Breadalbane).

Mr. and Mrs. George Bowness of Kensington, have moved to Charlottetown for the winter months, and are residing at 17 Rochford Square.

Mr. and Mrs. Alex MacKay and young daughter of North Bay, Ontario, are spending a few days with his mother, Mrs. A. S. MacKay, Central Street, Summerside.

Mrs. L. A. Johnston was hostess to the members of the Women's Missionary Society of Trinity United Church, Tuesday evening, 12 members were present. Mrs. Ethel Stewart and Mrs. Arnold Wightman led devotion, their topic being "Not Your Own Doing".

Mrs. Stewart offered a special prayer for the renewed health of Mrs. (Rev.) J.M. Fraser.

Regular reports were given. Mrs. Leon Johnston and Mrs. A. E. Ings spoke briefly on the W. M.S. rally held in Charlottetown, when Miss Whittier, missionary from Central India, was guest speaker.

Mrs. Lorne Wigginton and Mrs. Ethel Stewart were appointed from the chair, as a nominating committee to bring in the new slate of officers for the coming year. An interesting chapter of the study book was covered by Miss Alvah Brehaut. 43 calls, 33 cards and 15 treats were reported for October. Meeting closed with the Mizpah Benediction.

**MARY MILLER E.A.**

The regular monthly meeting of the Mary Miller evening Auxiliary

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## Bake this delicious COFFEE LAYER CAKE!

<p>Sift together 3 times</p> <p>1 1/2 c. unsifted pastry flour or 1 1/2 c. unsifted all-purpose flour</p> <p>2 tsp. Magic Baking Powder</p> <p>1/4 tsp. baking soda</p> <p>2 tsp. instant Coffee &amp; Southern Cocoa</p> <p>1/2 tsp. salt</p>	<p>Cream</p> <p>1/2 c. shortening</p> <p>Gradually blend in</p> <p>1 c. lightly-packed brown sugar</p> <p>1/2 c. granulated sugar</p> <p>Add, part at a time,</p> <p>2 well-beaten eggs</p> <p>Scrape well after each addition.</p>	<p>Combine</p> <p>1/2 c. milk</p> <p>1/2 tsp. vanilla</p> <p>Add dry ingredients to creamed mixture alternately with milk, combining after each addition. Turn into 2 greased 8-inch round cake pans, lined in bottom with greased waxed paper. Bake in moderately hot oven, 375°, 25 to 30 minutes. Put layers of cold cake together with thick raspberry jam between and cover with a coffee-flavored frosting.</p>	<p>You can depend on MAGIC to protect all your fine ingredients . . . give you lighter, finer-textured results. Buy MAGIC Baking Powder next time you shop.</p>
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