



MR. AND MRS. E. D. ROBERTSON

Couple United At Pownal, Spend Honeymoon In U.S.A.

In a colorful setting of green and gold, Jean Ann MacMillan and Edmund Douglas Robertson were united in marriage at Pownal United Church. Rev. W. E. Grant performed the double ring ceremony.

Mrs. W.J. Mutch played the wedding music and accompanied Lloyd Martin who sang "O Perfect Love" to the ceremony and "I'll Walk Beside You" during the signing of the register.

The bride, daughter of Mr. and Mrs. Lester MacMillan of Pownal, was given in marriage by her father. Her wedding gown was of white pea de soie with a full length sheath skirt featuring an Empire waist with a square scalloped neckline and long sleeves coming to a point over her hands. The chapel train, enhanced with embroidery fell from the mid-shoulder. Her three-tiered, bouffant shoulder length veil fell softly from a headpiece of fabric roses with sprays of pearl and crystal. She carried a cascade bouquet of "Talisman" roses with trailing ivy, entwined with satin ribbon.

Marjorie Jenkins, as maid of honor, Mrs. Frederick Nelson and Norma Robertson, sister of the groom, as bridesmaids, were gowned identically in slipper-length sheaths of "atumn green" silk crepe, featuring bolero jackets of matching rosepoint chanelly lace meeting slim sheaths. Their original petal headresses.



4927 SIZES 10-18

by Anne Adams

FIGURE SLIM!

FIGURE ON FLANNEL, wool knit or a creamy blend for this snappy casual. Note smart set of the collar, V detail, pocket curve—a wonderful winter-to-spring fashion.

Printed Pattern 4927: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 2 1/2 yds. 45-in. FIFTY CENTS (50 cents) in coins (no stamps, please) for each pattern. Ontario residents add two cents sales tax. Print plainly size, name, address, style number. Send order to Anne Adams, care of Guardian-Patriot Pattern Dept., 60 Front St. W. Toronto 1, Ont. Be alert to What's New! Send for excitement—packed Fall-Winter Pattern Catalog, 350 design views—school, career, glamour styles. Plus coupon for free pattern—choose it from Catalog 50 cents.

P.E.I. Guide Council Names Guides To Attend Camps

Mrs. Robert MacLeod recently appointed district commissioner for Charlottetown South was presented with her warrant and pin at the recent meeting of the P.E.I. Council Girl Guides of Canada. Also introduced was Mrs. Russell Hunter of Summerside, the newly appointed Prince Division Representative on the International Committee.

Various items which are to be discussed at the January Provincial Commissioner's Conference and National Executive Meeting were introduced by Mrs. Avard, Provincial Commissioner who presided at the meeting. Members were asked to give their opinions on these topics.

Reports showed much activity in the three divisions. In Kings, all companies and packs took part in Remembrance Day services—and at a recent gathering, an All Round Cord had been presented to Debbie Sinclair of Montague.

The report for Prince Division stated that new ranger companies have been formed at Bloomfield and O'Leary and a new guide company at Tignish. Elaine Milligan and Janice MacWilliam of O'Leary have been presented with Gold Cords.

In Queens Division, with the theme "Pennies on the March", a very successful World Friendship Rally was held. This was under the direction of Mrs. Eddy Morrison, North-Charlottetown district commissioner. The proceeds from this rally go to the World Friendship Fund. Also in Queens Division, Betty Affleck and Margaret MacConnell of Mount Stewart were awarded All Round Cords.

Announcement of the 10 girls selected to attend the 1966 Heritage Camps was made. These are: to British Columbia; Shirley Osborne, 1st Souris Co.; Winifred Cairns, 16th Charlottetown Co. and Elaine Milligan, 1st O'Leary.

To Manitoba: Paula Rogers, Summerside Sea Rangers and Blanch Moyaert, 1st Montague Co.

Edison Smith of Pownal acted as master of ceremonies and Rev. Grant asked the blessing, and proposed a toast to the bride which was fittingly responded to by the groom. The best man proposed a toast to the bridesmaids and read congratulatory telegrams from Toronto, New York, Halifax and Ottawa, and Brantford.

Mrs. Everett Penny, cousin of the bride, circulated the guest book.

For a honeymoon trip to the New England states and Massachusetts, the bride wore a two-piece walking suit of black and white tweed with fur trim collar, cape-effect sleeves, and matching pill box fur hat. Her accessories were black and her corsage was a single white orchid.

The newly weds are residing at 168 Great George Street, Charlottetown. (Photo by R. B. Hamby).

IDA BAILEY ALLEN

Chocolate Dipping Art Popular Sweet Pastime

A wide variety of candies can be made with utensils found in every kitchen. But probably three additional items will be helpful. A candy thermometer, a marble slab, and a candy-creaming knife or spatula.

"Hard centers" are easier to use for chocolate-dipping instead of making nougat or fondant centers. Whole nuts of all kinds are suitable when blanched.

TO BLANCH NUTMEATS: Cover with cold water, bring to boiling-point, drain and rub off the inner brown skins. Dry nuts on paper towels.

Other hard centers for chocolate dipping are: candied cherries; pieces of candied pineapple; or small pieces of tenderized dried figs or prunes rolled into a small ball centered with chopped nuts. Or make candied orange peel or grapefruit peel and cut in 2" strips.

TO DIP CHOCOLATES Into a double-boiler top, fire-gate 2 to 4 pkg. semi-sweet chocolate. Pour in boiling water to half-fill the bottom part of the double-boiler. Put the top in place over the water. Stir the chocolate over a low heat until beginning to melt (the water must not boil). Stir continuously with a circular motion until the chocolate is soft and well-moistened. Turn into a marble slab and work and cream the chocolate with the flat of the hand until the chocolate feels cool to the touch and is slightly thickened.

One at a time, add nuts or other centers, and roll them in the soft chocolate. Let excess chocolate drop off. Line up each candy as fast as dipped, on aluminum foil. Put in a cool

place until cold and firm. Do not refrigerate.

Note: If you do not have a marble slab, the centres may be dipped by means of a fork, one at a time, directly into the stirred chocolate in the double-boiler top, lift out at once, and onto the aluminum foil to cool.

CHOCOLATE NUT CLUSTERS 2 pkg. (4 oz. each) German sweet chocolate 2 c. blanched roasted (not salted) peanuts or shelled pecans or filberts or a mixture of raisins and nutmeat

Place chocolate in double-boiler and half melt it over hot water not quite boiling. Remove from heat and stir rapidly until entirely melted. Add nuts, or nuts and raisins combined; mix lightly until coated with chocolate. Drop from teaspoon 1" apart, onto aluminum foil. Cool until firm, about 1 1/2 hr. Makes 2 1/2 doz.

CHOCOLATE CARAMELS (These may be dipped in chocolate) 1 1/4 c. light cream 1 c. sugar 3/4 c. light corn syrup 3 squares (oz.) semi-sweet or unsweetened chocolate 1 tsp. salt

Combine ingredients in qt. saucepan. Stir over low heat until sugar dissolves and mixture boils. Continue to boil until candy thermometer registers 244 degrees F. or a half tsp. of mixture forms a firm ball when dropped into ice-cold water. Stir constantly after mixture begins to thicken.

Four into lightly buttered 8" x 4" loaf pan. Let stand until cold, about 1 hr. Mark in 3/4" squares with a knife, as a guide

MRS. ROBERT MACLEOD

To Ontario: Bethany MacAleer, 1st and 2nd Sherwood C.; Rachel Kassner, 1st Souris Co., and Deborah Kay, Summerside Sea Rangers.

Alternates are: Debbie Sinclair, Montague Land Rangers; Paula Harris, 1st and 4th Summerside Co., and Leslie Saunders, 7th Charlottetown Co.

An invitation has been given by the Newfoundland Council for two girls from P.E.I. to attend a camp at Beachy Cove Conception Bay in 1966. Bronwyn Murray, 1st and 3rd Charlottetown Co., and Mary Holland, 1st and 2nd Sherwood, are the girls who have been chosen.

The two provincial representatives appointed to the National Council for 1966 are: Mrs. Eugene Cullen, Charlottetown and Mrs. George Inman, Montague.

It had been hoped that some of the girls attending Heritage Camps last summer would give reports at this meeting. However because of exams the girls were unable to be present, so a Christmas film was shown instead.

WOMEN'S ORGANIZATIONS

York Pt. WI To Contest Safety Council Re Rail

Mrs. Gordon McEwen was hostess to the York Point WI for the December meeting which opened with the singing of "Jingle Bells". The Mary Stewart Collect was followed by roll call which was answered by gifts from Riverside Hospital.

A donation was given to the Muscular Dystrophy Association and all shut-ins are to be remembered with Christmas gifts. Dues were paid for the coming year.

The possibility of forming a sewing class for the school girls was discussed, and it was also decided to contact the Safety Council with regard to erection of a rail for the entire length of the North River Causeway for the safety of the travelling public.

Arrangements were made for places at 1966 meetings, and the one in January is to be held at the home of Mrs. John McKinley.

Christmas gifts from secret pals were exchanged and refreshments were served by the hostess, assisted by the committee in charge.

ST. MARK'S WA Mrs. J. G. Townsend presented the mission capsule on Caledonia at the December meeting of St. Mark's Anglican WA held at the home of Mrs. Kenneth Pidgeon recently. "Caledonia" she said was the early name for Scotland.

The Canadian Caledonia is situated to the west and north of British Columbia and with this background information the speaker went on to tell of the work of the church in that area.

The president, Mrs. Elmer Moase, presided and devotions were led by Mrs. Ernest Mill. Leaders for the younger group for the new year were announced as follows: little helpers, Mrs. Lyman Moase; girls auxiliary, Mrs. Elmer Burt with Pearl McInnis as assistant; junior auxiliary, Mrs. E. J. Flander.

The treasurer, Mrs. Walter Moase, reported all commitments had been met and a small balance was on hand. Mrs. Pidgeon reported a subscription list of 30 for the Living Message. It was announced that Mrs. Nelson Paynter still had a number of church calendars on hand for sale.

Members contributed to a Christmas gift for the Sovers family which will be sent as a money order by Mrs. Lloyd Howard. Gifts were received for the self denial fund.

Delegates appointed to attend the W. annual meeting were Mrs. Walter Moase and Mrs. Elmer Profit. Christmas boxes are to be packed as usual. Mrs. Elmer Paynter invited the members to her home for the January meeting, text word to be "hunger", devotions, Mrs. Cecil Hill, Mission study, Mrs. C. Pidgeon.

Refreshments were served by the hostess.

STELLA MARIS CWL President Mrs. L.H. Doucette opened the December meeting of the Stella Maris Parish Council, North Rustico recently and Rev. F. Corcoran, the director, read the prayer.

Correspondence included letters from E. Blanchard, TB League, Music Festival and Mrs. Fred MacMillan.

School concert on Dec. 20th at Cavendish. It was beginning to look like Christmas at the home of Mrs. John MacNeill, president of the Avonlea Women's Institute on December 7th when the December meeting was held.

The living room was gaily decorated and roll call was answered by toys for underprivileged children. Gifts were also exchanged between the members.

The school concert is to be held on December 20th when the Institute will provide treats for the children.

The handicraft van of the Institute Office is to be in Cavendish from the 10th to 21st of January at which time local women will be given an opportunity to improve their skills. Mrs. W. Toombs was appointed secretary.

The next meeting is to be held at the home of Mrs. Olaf Stevenson, at which time there will be an interesting guest speaker.

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financial standing and conveners' reports followed.

Reports on the recent conference at Mt. St. Mary Convent were given by Mrs. L.R. Doiron and Mrs. W.V. Gauthier on the spiritual and by Mrs. J. Gaudin on the educational parts of the conference.

Money was voted for Christmas treats for school and preschool children, also for other gifts. Social service conveners reported that visits had been made to shut-ins, mitts given to needy children and Christmas dinners will be looked after as usual. Money was voted for a mass for vocations, and a drawing is to be held on December 23rd.

Chaperones were appointed for school social. Following the meeting, a social hour was enjoyed.

HOUSEHOLD HINTS Tired of candles that bend in over-heated rooms? While new, spray with shellac; when dry, the shellac will hold them erect.

Lightly butter cake or pie cutters and meringues and fluff-type frostings won't stick and pull of when you cut.

DURABLE Members contributed to a Christmas gift for the Sovers family which will be sent as a money order by Mrs. Lloyd Howard. Gifts were received for the self denial fund.

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Special Film On Thailand Shown At WMS Meeting

The Fredericton and Breadalbane Women's Missionary Societies of the Christian Churches were joint hostesses to the Summer Society of the Christian Church and husbands of the members December 9th in the Fredericton Church. The devotional period on "The Christmas Story" was led by Mrs. William Weeks assisted by Mrs. Ray Ferris and included at suitable intervals the staging of one of each of the four verses of "O Little Town of Bethlehem" by the congregation, and a guest "Away in the Manger" by Mrs. Marie Zimmerman and Mrs. Alvin Rowledge.

The story of the birth of Christ as recorded in Matthew was read by Mrs. Harold Nicholson.

Mrs. Zimmerman gave the commentary for a colored film depicting conditions in Thailand especially the area near Chiangkham where Imogene Williams and Dorothy Uhlis serve as missionaries. Following the film, the missionary lesson entitled "Gardian and Dorothy Bare in Thailand" was presented by Mrs. Pomroy Murray, and the story of Dorothy Uhlis work was

read by Mrs. John Hickox. Mrs. Cyle Matheson led the circle of prayer and Mrs. Harold Staup was the organist for the evening.

After the missionary benediction, the women adjourned to the basement where the men had met immediately after the showing of the film. Mr. Zimmerman pastor of the Fredericton Church led their devotional period, and Floyd MacKinnon, Charlottetown, brought a message regarding men's association and fellowship in the church.

During the social hour "Yuletide" refreshments were served by the hostesses. Mrs. Essary Summerside, voiced appreciation on behalf of the visitors, to which Mrs. Zimmerman responded. An evening of Christian fellowship concluded with benediction by Mr. Howitt, pastor of the Summerside Christian Church.

NEED PRIVATE HAULERS The United States post office has about 15,000 rural mail delivery routes, bid for each year by private carriers.

Women

6 The Guardian, Charlottetown, Thurs., Dec. 16, 1965.

MARY HAWORTH

Discovers Link Between Diet And Mental Health

DEAR MARY HAWORTH: I have wonderful news for KP, the painfully shy, hypersensitive wife, 44, who feels no rapport with women, can't confide in anyone, including her doctors and was advised by a psychiatrist that she doesn't need analytic therapy.

She says she has moods of despondency in which she thinks only of suicide, though she doubts she would have the courage for it. Nowadays she is beginning to feel that her husband is drawing away from her too.

My wonderful news for KP is this: Recent medical research has uncovered a vital relationship between nutrition and mental health. Some mental patients never recover until they improve their nutrition. Specifically, nutrition that stabilizes the body's blood sugar supply.

I am enclosing a pamphlet on the subject, distributed by the Health Frontiers Foundation, P. O. Box 230, Peekskill, N. Y., which spotlights hypoglycemia as a recently exposed common cause of nervousness, depression and emotional difficulties.

I too fought suicide for 15 years, obtaining no relief from psychological counselling. Last January the doctor put my husband on a diet for hypoglycemia. Because the diet sounded appetizing, and to simplify cooking, I went on it too. After about 10 days my chronic depression disappeared and never has returned.

In addition to the dramatic physical relief I am gradually becoming more confident socially. All this has evolved with no counselling therapy and no change of environment!

For a number of years the respected nutritionist Adelle Davis has been writing along these lines in her best selling books, "Let's Eat Right to Keep Fit", "Let's Cook it Right" and "Let's Have Healthier Children" (Harcourt, Brace and World). Her first-named book confirms my experience and provides additional information. Please get the word to K.P. Sincerely, N.C.

DEAR N. C.: I have news for you too, it seems. For eight or 15 years, this column has been trying to tell the world about the Dr. Seale Harris medical research reports, compiled over 40 years ago, which scored the first breakthrough to indicate that a tremendous amount of mental, emotional and nervous suffering could be wiped out by treating its source, namely: Blood sugar starvation, sometimes known as hypoglycemia or hyperinsulinism.

The background story, of which you've just got wind, has been available to the open-minded reader since 1951, in a book titled "Body, Mind and Sugar," co-authored by Dr. E. M. Abrahamson and A. W. Pezet, the latter a journalist and his grateful patient. It was published by Henry Holt Co., since incorporated into Holt, Rinehart and Winston, of New York City. The

to cutting when firm. Invert onto cold surface covered with aluminum foil. Remove pan and turn over candy marked-side-up. Use pancake turner.

Cut along the marked squares with a long sharp knife. Let stand as is 3 hr. in a cold place to dry (do not refrigerate).

Wrap each caramel in waxed paper or transparent textured plastic. Makes 4 doz.

FROM THE CHEF Grapfruit Halves—Browned Spareribs of Beef, Broad Noodles and Gravy, Mashed Rutabaga, Mixed Pickles, Crisp Celery—Basilian Custard Pudding—Coffee, Tea, Milk.



7047 by Alice Brooks

FAMILY FAVORITE Enhance your home with this needle-pointing. The entire family will be delighted.

This colorful picture made in wool yarn or six-strand floss. Done quickly, the stitches are so easy. Pattern 7047, transfer 16 x 20 ins.; color scheme.

THIRTY-FIVE CENTS (coins) for each pattern (no stamps, please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 60 Front St. W. Toronto 1, Ont. Ontario residents add one cent sales tax. Print plainly pattern number, name, address.

GIANT 1966 Needlecraft Catalog—knit, crochet—many more needlecraft designs. 3 free patterns printed in catalog. Send 25 cents.

NEW! 12 Collectors' Quilt patterns for you in color, with quilting motifs. Finest patterns ever collected from famous ma-seums. Send 60 cents for new Museum Quilt Book No. 1—sixteen complete patterns. 60c.

6% interest on GUARANTEED INVESTMENT CERTIFICATES

Term of three years to five years. Rates for other terms available on request. Interest compounded or paid half yearly. Minimum amount, \$500. Principal and interest guaranteed.

EASTERN & CHARTERED TRUST COMPANY 154 Richmond St. Charlottetown A. A. MacLEOD, Manager SERVING CANADIANS FOR OVER SEVENTY YEARS



DURABLE



WASHABLE



GIVEABLE FOAMTREADS

3 good reasons for giving Foamtreads this Christmas

We've seen shoe salesmen stomp on the heel counter of a Foamtread slipper to show how it snaps back to shape. We've also seen mothers take Foamtread slippers out of the wash as good as new. In other words, Foamtreads are made to last for a very long time. For example, we have a guarantee against sole separation. Other reasons for giving Foamtreads this

Christmas include: sensible prices; quiet leather out-soles; non-rolling heels; and handsome styling. Children's \$2.96—\$3.96, Women's \$3.96—\$4.96, Men's \$3.96—\$5.96.

FAMILY FOAMTREADS CAN BE PURCHASED AT ANY OF THESE FINE STORES:

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WRIGHT SHOE CO. LTD. 164 Queen St. Charlottetown

LePAGE SHOE CO. LTD. 133 Grafton St. Charlottetown

HOLMAN'S of P. E. I. Charlottetown Summerside

Agnew - Surpass Shoe Store Ltd. 120 Queen St. Charlottetown

SMALLMAN'S LTD. WATER ST. SUMMERSIDE

MONTAGUE MEN'S WEAR MAIN STREET MONTAGUE

SHEEN & McINNIS SHOE STORE 282 WATER ST. SUMMERSIDE