



Right Worshipful Florence Ross (centre) Charlottetown was elected grand mistress at the 23rd annual meeting of the R. W. Grand Lodge of the O.E.A. of P.E.I. held at the Y Centre Summerside on Tuesday. Other officers elected were, (L to R, front) R. W. Mary MacPhail, Meadowbank,

Grand Treasurer; R. W. Alice Jewell, Charlottetown, Immediate Past Grand Mistress. (Standing) R. W. Violet Gillespie, Charlottetown, Jr. D.M.; R. W. Edith MacPhail, Bonshaw, Dep. G.M.; R. W. Janet Beaton, Charlottetown G. R. treasurer.

## Grand Lodge Of LOBA Of PEI Has Annual Meeting In S'ide

SUMMERSIDE — The 32nd session of the R. W. Grand Lodge of the LOBA of P.E.I. convened in the Y-Centre in Summerside Tuesday at 10 a.m. with Mrs. Alice Jewell, president.

Before the opening a ceremony took place when the officers were seated. Olive Currie presided and welcomed each officer who was introduced by Vera Moore, while Irene MacDougall presented each with a beautiful corsage.

After the opening exercises the warrant was draped in loving memory of Flora Adams and Mary MacLean, members of the M. W. Grand Lodge of British America. Greetings were brought from Edith Cavell Lodge and a gift presented to Mrs. Jewell who was also presented with a bouquet of carnations by Memorial Lodge. One of the highlights of the session was the visit of Gordon Keyes, grand secretary of B.A.

## ELLEN'S DIARY

### Warmth And Friendliness Fill Alderlea Kitchen

We farm-folks talk much of the weather, for we must suit our work to his sun and shadow, its blue skies or gray.

"Which wind blew over Good Friday's fields?" we asked of the little group gathered this evening, when we came with James on a stroll, as far as the house on the hill.

We walk, because the lane continues to keep some souvenirs of snow, by way of the winter-trail along the front meadow to the bridge-of-lane, beneath which flows the stream from the north. There we cross on the narrow span and a few minutes later pass the Public Bridge, spanning the merging flow from "up the creek" west, and the old millrace, before climbing the rise to the house on the hill.

It is a comfortable room, that kitchen, though it knows no touch of a woman's hand. The ceiling is newly decorated in white paint, the woodwork in a pretty shade of blue. For warmth, hardwood sticks are tacked into the white range, and for entertainment the radio or TV vie for a place with the chatting.

"The Good Friday's wind?" a visitor there echoed. "I'd say there was south in it. And I took that to mean we'll have a dampish late spring."

"There was more west to it, I'd say, or so it seemed to me," Mr. C. allowed. James nodded. "Not bad quarters, either one. Not so cold as the north or east."

"I have a feeling we'll be getting quite a bit of rain," the visitor commented.

"It could be so," James agreed. "I used to hear the old folks say: a late Easter's, a late spring."

"Well, this evening is lovely," we said.

"And" the visitor chuckled

"We'll take the winds as they come!"

Windless the April-night was, and the moon silvered our goings and comings. It brightened the dark of the white-patched fields and accented the black velvet of bush and woodland so beautifully we said, "It is like day!" Yet thought it even better. For day makes things plain, while the lustre of moonlight adds an intriguing magic — an air of mystery over all. Odd "feeders" of cattle the farmers gained today in a purchase, to go on the grass and "grow into something." To reach Alderlea, they must wade the width of stream below the mill.

"But how do you know there will be grass?" we chuckled to Mack.

"There'll be grass!" he smiled. "There always has been... and water too."

No matter the unrest, the no-peace here and there world-over if there are little wars and cold wars, if satellites circle the earth, and humans too orbit in space, if other planets afar are contacted, even claimed in some astounding feat of mankind, on Island-farms presently here will be grass.

Brooks will croon their sunny songs. Blossoms will crown the old orchard trees. Bees will track pollen. And down by the streams, and up the slopes, and on level smiling fields, the flocks and the herds will find pasture.

"Was there ever a prettier night, Ellen, than this?" James says coming in now from a last round of day at the barns. "But, Woman!" he exclaims "have you no thought for the morning? Just look at the time!"

Until tomorrow — Diary — Good-night.

So my first piece of advice is — digest the fact that, with God's help, you can get on your feet, stay on your feet, do a good job and take care of yourself.

For support in this undertaking, team up with Recovery, Inc., which has a branch in your community (write to Recovery, Inc., Post Office Box 83 in your town). In the Recovery fellowship, nervous patients who've had some psychiatric therapy band together to face their troubles squarely and develop desirable patterns of dealing with life, as is.

The Recovery program was started 23 years ago by the late Dr. Abraham A. Low, psychiatrist and associate professor at the University of Illinois Medical School. It was an emergency plan to meet a situation wherein there were more psychiatric patients than there were specialists to treat them. It proved astonishingly helpful to patients and grew into a nationwide organization, with over 300 groups in the United States and Canada.

The national headquarters is at 116 South Michigan Avenue, Chicago 6, Illinois.

Dr. Low's training methods are condensed in a book "Mental Health Through Will Training" (Christopher Publishing House, Boston, Mass.), which Recovery groups use as a discussion guide.

Human behavior, says Dr. Low, isn't necessarily at the mercy of instincts or feelings. Property, human behavior is under the control of the human will. And the will can be trained to channel personal behavior towards positive goals, away from the tyranny of past mistakes. — M.H.

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

## MARY HAWORTH

### Nervous Patient Worries About Not-Holding Jobs

Dear Mary Haworth: I am a college graduate, 35 years old. Between 1947, and 1955 I had four nervous breakdowns.

I live with my mother, who is 80, and sister, 46. My sister supports us, with the help of mother's social security pension. My sister tries to boss me and intends to stop supporting me.

For two weeks in March I was employed as a cashier and food checker at a local hotel. Then

they let me go as the person I had replaced returned. Also the management wasn't satisfied with my work and said I smoked too much and talked to the customers.

My sister gives me until May 1 to get a job. If I am not employed by then she will return me to the mental hospital where I was before.

My family, friends, strangers, psychiatrists, psychologists,

## IDA BAILEY ALLEN

### Rhubarb, Strawberries Combined In Novel Cake

By Ida Bailey Allen

"SPRINGTIME features dozens of fine fresh vegetables," remarked the Chef, "many more varieties than are used in the average household."

"Quite right," I replied. "Many homemakers use only five or six kinds a week — understandable 25 or 30 years ago, but inexcusable today, when our widespread transportation system distributes nationwide many fresh vegetables.

nuns and priests, have tried to help me, to no avail. I have even tried to help myself and failed, every time. I have even tried prayer.

I just can't seem to hold a job, no matter how hard I try. One psychiatrist said that in my case, my mother was NOT my best friend.

I read your column daily and derive much help from it. Please answer soon as my sister will return me to the mental institution if I don't get a job.

A friend suggested I do volunteer work in some hospital, but my mother says she cannot afford the carfare. I can't even baby-sit as I have been fired from that job many times. Sincerely, — R.B.

Dear R.B.: In stating your case, you say, among other things: "I have even tried to help myself..." as if that were a very exceptional effort indeed.

The sick person who gets well, or the broken person who mends or the overburdened person who learns how to carry his load (or how to unload some part of it), usually has to do the lion's share of helping himself.

"The Lord helps those who help themselves," a proverb says. Outside help won't make any lasting difference for the better, when applied to individuals whose actions reveal that they would rather go to pieces than stand up to difficulties.

In short, we can't do much about easing another's problems, if that other person won't produce what it takes, within himself — of guts, patience, perseverance, and willingness to obey the rights of right living — to make the best of even bad situations.

So my first piece of advice is — digest the fact that, with God's help, you can get on your feet, stay on your feet, do a good job and take care of yourself.

Measurements follow:

**RHUBARB - STRAWBERRY SHORTCAKE SPECIAL**  
(Or use any fruit desired)

2 c. sifted flour  
1-3 c. sugar  
1/2 tsp. salt  
2 tsp. double-acting baking powder  
1/2 c. butter or margarine  
1 large egg  
3/4 c. milk  
1/4 c. room-soft butter or margarine, additional  
3 c. well-sweetened cooked cubed rhubarb and juice  
1 1/2 c. sliced fresh strawberries  
Combine and sift dry ingredients.  
Chop in butter with pastry blender.  
Beat egg light; add milk. Stir into flour; beat well. Mix

often out of season in most localities."

**ABLAZE WITH VEGETABLES**

"The market departments are radiant with them today," the Chef continued. "Other vegetables which are unusual, such as pokeweed or the fiddle heads—fern fronds—of Maine, can be obtained late in May in limited quantities for only a short time."

"For the sake of family and personal health and the encouragement of a clear complexion and glossy hair, Chief," I suggested, "let's list the vegetables available now in most supermarkets and green-grocery stores."

Among these are rhubarb, mint, scallions, white turnips, green onions, fresh horse-radish, asparagus, mushrooms, avocados, broccoli, broccoli rabe, kale, Bermuda onions, shallots, beets, green peas, early spring parsnips, several varieties of lettuce, arichokes, new cabbage, endive, spinach, beets and beet tops, mustard and turnip greens, fava beans, cucumbers, sorrel, water cress, field salad, dandelion greens, young carrots, new potatoes—what a treasure!"

**TOMORROW'S DINNER**

Scallion-Cream Cheese Saladettes  
Beef Pot Pie  
Browned Whipped Potato Topping  
Parsnips with Thin Tomato Sauce  
Rhubarb-Strawberry Shortcake  
Coffee Tea Milk  
**THE CHEF'S SCALLION-CREAM CHEESE SALADETTES**

In small bowl combine room-soft (3-oz.) pkg. cream cheese, 1-3 c. each minced scallions and celery, 1 tsp. olive oil, 2 tsp. curried vinegar from sweet pickles, 1-3 tsp. salt and 1/2 tsp. poultry powder.

Mix and stir together; moisten as needed with chili sauce. Shape into walnut-size balls. Chill.

Serve individually 3 to a person on a leaf of crisp Romaine lettuce.

**HOUSEHOLD HINT**

Any spring paint operation is doomed to an amateur appearance and an early repeat job unless it is preceded by a thorough cleaning. Wash the area to be painted and let dry completely before beginning.

A solution of dry mustard and water makes an excellent bottle deodorizer. Just mix and let stand in jar or bottle for several hours.

**MAJOR CROP**

Corn, or maize, and sweet corn were grown and eaten by North American Indians long before the white man's arrival.

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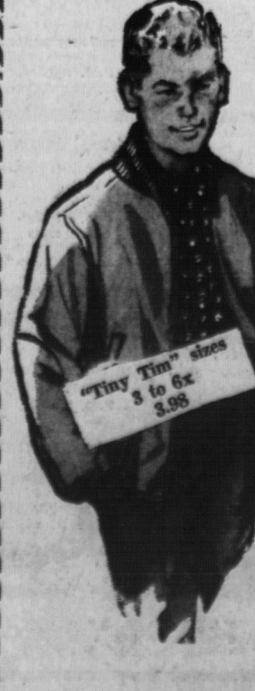
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- sizes 8 to 18
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- ideal for music festival
- size 4-14
- grey-charcoal
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- easy-wash white
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- sizes 4-14
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- black - olive - tan - charcoal
- special 2.98 each
- **2 PRS. 5.50**



# Women

Anne Bond, Women's Editor, Phone 4-5506

8 The Guardian, Charlottetown, Fri., Apr. 27, 1962.

## HAPPENINGS

**GDN. HAPPS.** JW The Prince Edward Island Liberal Women's Association held a reception on Wednesday afternoon at the Charlottetown Hotel in honor of Mrs. Lester B. Pearson, wife of the leader of Canada's Liberal party, Lester B. Pearson.

The tea table was centered

ture should clump easily from spoon. If it does not, add 1 to 2 tsp. water.

Transfer to oiled 9" rather deep layer cake pan or 8" x 8" square pan.

Bake 25 to 30 min. in mod. oven, 375 deg. F. Cool 5 min.

Remove from pan. Split horizontally, making 2 layers.

Spread with additional room-soft butter or margarine a d half of the combined fruits.

Cover with remaining layer, crust - side - down. Spread with remaining butter, fruit and juice.

Serve warm, plain or with whipped cream.

Pouring were Mrs. John Rattenbury, Mrs. Milton Bell, Mrs. B.B. Jones and Mrs. Nell Matheson.

Assisting in serving were Mrs. Benjamin Rogers, Mrs. Russell Roper, Mr. W. R. MacNeill, Mrs. J.O.C. Campbell Mrs. Edgar Whitlock, Mrs. H. W. MacLean, Mrs. Wendell MacDonald, Mrs. Walter Goss, Mrs. Vernon Howitt, Mrs. Walter Burhoe, Mrs. M. Burgoyne, Mrs. Wendell MacCallum.

Miss Evelyn Gillis and Miss Meg Cameron of Halifax, spent the Easter holiday at their homes on the island and returned to their duties in Halifax on Tuesday.

Mr. Gerald P. Murtagh who is with the vital statistics department at Dominion Bureau of Statistics, Ottawa, Canada, spent the Easter holidays in Boston, Mass. While there he was the guest of his aunt and uncle, Mr. and Mrs. William J. Rooney in Watertown. He also visited other relatives and friends in Waltham, Brookline,

Mr. and Mrs. J.A. Simmonds, Mr. and Mrs. W.W. Pickard, Charlottetown, and Mr and

with a large bouquet of spring flowers flanked by tapers. The reception was well attended and the women had an opportunity of meeting and talking with Mrs. Pearson.

Those assisting Mrs. Pearson in receiving were Mrs. W. J. Rood, president of the Charlottetown Women's Liberal Club; Mrs. A.W. Matheson, wife of the province's liberal party leader; and Mrs. Aden Mulligan, P.E.I. Liberal Women's Association.

Misses Margaret Ward and Stella Welsh, Charlottetown, returned after spending the Easter holiday in Halifax, with the former's brother-in-law and sister, Mr. and Mrs. Douglas Horwill, Kenwood Avenue.

Douglas Blaikie of Moncton is spending his Easter holidays in Brookfield, the guest of Mr. and Mrs. Arch. Johnstone.

Mr. and Mrs. Chesley Sellars, East Natick, Mass., are spending a week's vacation with their son-in-law and daughter, Rev. and Mrs. C.K. Benn, Upper Prince Street, Charlottetown.

Mrs. Helen MacKenzie, Vancouver, B.C., arrived on the island last week by plane to visit friends and relatives here.

Mr. and Mrs. Edwin Bearison, Kensington, accompanied by Mrs. Helen MacKenzie, spent Easter holidays in Truro, N.S.

Mrs. Catherine Murphy who is spending the winter months with her daughters in St. Catharines, Ontario, left by plane on Thursday for Cleveland, Ohio where she will spend the Easter holiday with her daughters. She was accompanied by her daughter Anne Murphy of Toronto.

Mrs. E. A. Brown of Montreal have returned to their homes after a holiday spent in the Caribbean and Florida

Thirteen tables of bridge were in play at the regular weekly gathering of the Charlottetown Duplicate Bridge Club held at The Charlottetown Hotel on Monday night. The winners were: north-south: 1. Mrs. F.F. MacMillan and Mrs. L.L. Duffy; 2. Mrs. Carl Green and Mrs. M.A. Farmer East-west: 1. Dr. Doug MacDonald and Ron Wilsack; 2. Mrs. W.E. Cotton and Mrs. George Buntain.

Plans for the May 7th fashion show being sponsored by the O'Leary Hospital Aid were finalized at the recent April meeting of the aid. The models for the show are: children, Linda Bishop, Paula

Cambridge, and Somerville, Mass., and returned by car to Ottawa to resume his duties on Wednesday Mr. Murtagh is a son of Mr. and Mrs. John T. Murtagh, Emerald, Prince Edward Island.

Mrs. James D. Lanigan, Cambridge, P.E.I., has returned to his home after undergoing treatment and surgery at the Sunnybrook Veterans' Hospital in Toronto, Ont.

Mrs. James Campbell returned recently to her home in Kensington after having spent the past year in Ottawa with her daughter and son-in-law, Mr. and Mrs. R.M. Carsell.

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Kennedy, Susan Rogers, Heather MacKenzie, Neila MacKay, Denton, Ellis, Ronnie Harris and Clair Matheson. Adults, Mary Coughlin, Mrs. J. Hierarchy, Mrs. A. A. MacLeod, Mrs. George Dewar and Mrs. Ross Howard. Other adult models in the show will be supplied by the Barbara Ann Dress Shop in Summerside.

Music for the show is to be supplied by Mrs. Rogan with Mary Coughlin and Mrs. Ross Howard as soloists. Mrs. Hierarchy was appointed convener of the food committee and it was decided that groups wishing to donate door prizes should turn them over to Mrs. Ralph Adams or Bruce MacNaught before May 5.

The treasurer reported a balance of \$1024.17 and supplies for the hospital were received from Brae and Unionvale.

It was decided to ask Dr. L. Prowse to be the guest speaker at the next meeting on May 18.

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