

ELLEN'S DIARY

Once Again The Swallows Are Back To Our Fields

And then it was a May Monday the year set down before us this morning, in its own time and turn. The sun shone. The day loosed a warming wind, tempering it because of the buds on the branches, the daffodils headed, and the new-born that now come to brye and to open. And the housewives smiling over their fond expectations as to work accomplished in the hours ahead, came to the week fresh and new.

"Yes, She's sitting now and feeling." Papa Starling, at his front door above the near end of the clothesline there on the flat of the garage-roof, began. "more or less resigned?" we queried with a teasing chuckle. "Oh I wouldn't say that! Let's put it this way: she is just feeling happy" he smiled. The lilacs were developing the spring foliage unfolding the bound leaves by lilies, to remind us that Mother Nature cannot be hurried on our account, that comes "first the bud and then the leaf". Visitors came by this far m today. Among these, one on his second trip to our island shores.

"The Island what do I think of it?" he echoed our query. "It impresses me on two counts: (1) it is extremely interesting and picturesque spot, with its rolling countryside and attractive and well kept homes, (2) the rarity of brick dwellings in an early settled Province. Here they, almost without exception, are of wood of frame construction, that is. It's a lovely island. I should like to come with my wife and family to spend our holidays here." "In the summer," we suggested. "Then, it is a great vacation land."

"I have big news for you!" Mack reported, come by after school. "Three swallows" he smiled. Peter looked at us inquiringly a long moment. "So you give up?" he grinned. "The swallows are back!" Mack said. "Not to the yards!" "No, but to the fields," I saw some Saturday in April, that was. Today they are around again. They say, "It takes more than one swallow to make a summer" but those surely promised it to me!"

The swallows then are over the fields. We fancy over that range where the sheep keep these days, and where the younger farmer tending them this evening putting out grain and hay for them - found the first lamb of the season. Meadow-born, but "smart", he carried it to the shelter of the barns. "The ewe would follow it in" Alex nodded. "It is interesting to see the affection a good mother ewe has for her offspring. She will attend it well, guarding it closely in field or in pen."

"You should come, and see our kittens" Peter suggested to a caller this evening. "It's not a high climb to get to them - just up to a loft. They haven't their eyes open yet. But they're cute. I'd say they're the best yet Tabby - she's the oldest cat of all - has had."

And this was the first day of our workaday week, the first Monday in May.

Until tomorrow - Diary - Good-night.

Speaker Heard At CAC Meeting

Theresa MacLeod, guest speaker at a meeting of Consumers' Association of Canada held Thursday evening at the Confederation Centre, was introduced by Mrs. Ian MacLeod as consumer consultant for the food drug directorate in the Maritime provinces.

Miss MacLeod explained how the Food and Drug Directorate protects the consumer by administration and enforcement of the Food and Drug Act, which provides authority to protect the consumer from hazards to health that might arise from the use of foods containing harmful or injurious ingredients, to control the labelling and advertising of foods to prevent fraudulent and misleading statements; to demand that certain information important to consumers, be clearly and prominently displayed on the packages; to set up food standards and to prohibit misleading or fraudulent packaging of foods.

Since 1875, when Canada's first law to prevent adulteration of food, drink and drugs came into effect, Canadians have been fortunate to have been better protected in food and drug matters than the consumers in most other countries.



Looking over display prior to talk by Theresa MacLeod, who spoke to Provincial Consumers Association at the Confederation Centre Thursday night, are Mrs. Dorothy MacLeod, LEFT, Charlotte-town vice-president of Association, and Theresa MacLeod of Halifax, consumer consultant food and drug directorate.

MARY HAWORTH Woman In Film Finds Co-Worker To Be Abusive

DEAR MARY HAWORTH: For years, I have worked with KF (not her initials), a female in her sixties, for a business firm. As we are the only females in the office, it is nice to have someone to compare notes with, after hours. The other employees are men and married.

Lately, KF has been rude and abusive with me. She feels free to criticize me; but if I defend myself (and perhaps I should ignore her jibes) she says I am argumentative and hangs up the phone.

Possibly we've become too familiar. When I had confided in her about a couple of misunderstandings with others, she remarked: "You quarrel with lots of people, don't you?" Last night she said I am very unsophisticated.

"You never could match wits with Mrs. X," she said. "Mrs. X is a very brilliant woman who could make you look like two cents," she added. I deal with people in my job and Mrs. X is a person I was assigned to see. KF CONFIDES in me about office matters, keeps reminding me not to repeat them, and tries to trick me into admitting that I have. Recently she had the operator interrupt an important call to tell me that our supervisor is dismissing persons such as I, who aren't doing enough business.

Another day, when I was away from the office, she phoned me at home to say there was some new work I should learn at once. As she wouldn't explain it I called the boss.

Later, KF said she knew I had told him of her call. I lost my temper and said I hadn't mentioned her foolish name. She retorted that I am "so common" she wants nothing more to do with me, and will have me arrested if I call her again!

I'VE NEVER SAID anything crude or unkind to her, though she has shocked me by some of her talk, also by some of her probing questions. She remains angry for a few days, then calls and starts needing me again. She can be a very vicious enemy and I would like to get along with her as best I can, on a friendly basis. Besides I fundamentally like her. I will appreciate your help.

E. Q.

DEAR E. Q.: In your letter here condensed, you say in effect that KF pulls rank on you, when opinions differ, by claiming that "years ago she was married to a big executive and looked up to" as his wife. "Never subjected to criticism", etc.

To which my reaction is: "So what? If she has mingled socially with the upper echelons of Babbitt for a season without becoming a gentleman in spirit and speech, she is obviously no better for having once out-reached herself, temporarily."

Her pretensions to moral or snob ascendancy over you are simply ridiculous. As for how to insulate yourself against gouging, clawing and back-knifing from her side of the fence, that are routine accompaniments of being her pal and co-worker, my advice is, get another job, with a different firm, to put as much distance as possible between yourself and her.

THERE IS A FOLK saying that one can't touch pitch without being defiled. And by the same token there are neurotic hate-filled individuals whose morbid home-remedy for what ails them is to harass meeker, milder, nicer, finer quality associates, to the full extent that the goodhearted victim will permit.

That's why I think you ought to get out of reach of being "touched" by this woman, whether touched by unwary feelings of camaraderie when her mood is relaxed, or whether cut with the whiplash of her venom when her mood is vicious.

It doesn't make sense and it's not self respecting to try to get along with her on a truckling, would-be friendly basis, fearful of the false idea that if you only knew how, there must be some way of disarming or anesthetizing her hostile bias. There isn't.

KF has got to reform herself from the soul's center out, if harmony is to prevail within contact range of her personality.

M. H.

Mary Haworth counsels through her column not by means of personal interview. Write her in care of The Guardian.

Women Garden Seeds Exchanged At Margate WI Meeting

A pot luck supper will be held following the May meeting of the Margate Women's Institute to be held at the home of Mrs. Keith Warren. Mrs. Leslie Files will be guest speaker, and guests will be invited.

Mrs. John Picketts was hostess for the April meeting. With the president, Mrs. Lorne Adams in the chair, 11 members responded to roll call with an exchange of garden seeds. In the absence of the secretary, Mrs. Arthur Profit was appointed to record the minutes. The treasurer, Mrs. Heath Mayhew in her report gave the sum of \$63.20 as the proceeds from a recent pot luck supper. A letter from the Multiple Sclerosis Society acknowledged the receipt of \$20.00 and a receipt was read from the Red Cross for 3 sweaters, 6 pair socks, and 8 pair panties. The correspondence was read and dealt with and the sum of \$10.00 was voted to the Salvation Army Red Shield appeal. The following members volunteered to collect for the Cancer Society, Mrs. Lorne Adams, Mrs. Arthur Profit, Mrs. Heath Mayhew and Mrs. John Picketts.

A paper from the agricultural convener, Mrs. Clarence Marchbank was read and the questionnaire filled in. The visiting committee reported and the school report was given. The quilt committee reported a quilt finished. It was decided to enter the quilt for sale at the Kensington Handcraft bureau.

Mrs. Ralph Adams conducted a contest "Dressing a Man" and the "penny-a-meal" bags were passed in.

Following the meeting an auction was held, after which refreshments were served by the hostess and committee.

IDA BAILEY ALLEN Indian Tapioca Pudding As Fondly Remembered

Molasses was the life-blood of our country's early economy, although its lineage is much more ancient. It was first processed from sugar cane in China or India, so many centuries ago that no one knows just how long people have been enjoying molasses.

Principal Sweetener

During the 18th and early 19th centuries, molasses from the West Indies was the principal sweetener all over our country. Every cabin and covered wagon had its molasses jug; the molasses pitcher stood on the table next to the salt shaker. Molasses went into corn bread, puddings, pies, people ate it on griddlecakes and on bread.

While it has an American heritage that began when the country was founded, molasses has new uses that make it as modern as today.

Molasses lends to ham and barbecued meats a quick, gleaming glaze; added to milk it gives a change of flavor for children; it finds its way into canned baked beans and today's streamlined gingersnaps, and wherever it is used, unsulphured molasses adds valuable nutrients including iron, calcium and vitamin C.

As a small child, I will remember visiting a lovely old lady who was called "Grandma Danielson". Always her cookie jar was filled with molasses cookies (the unsulphured kind that comes from the sunny West Indies).

Original Recipe

There was usually a loaf of molasses - raisin gingerbread, and occasionally, to my joy, a Grandma Danielson's own original Indian - Tapioca Pudding was just done baking in the "afternoon oven" of her kitchen stove. Soon she would spoon out a portion for me into a Colonial glass dish, pour over some rich cream - then came the feast. I am sure Grandma Danielson would have been proud to see her famous recipe today in our column.

Measurements level; 1/2 cup for 6

GRANDMA DANIELSON'S INDIAN TAPIOCA PUDDING & s. milk

4 tsp. quick-cooking tapioca
1 1/2 tsp. salt
1/4 tsp. ground ginger
2-3 c. unsulphured molasses
2 tsp. butter
1 c. cold milk, extra
Scald milk in 2 - qt. double-boiler. Stir and mix together remaining ingredients (except the cold milk), cook 15 min. or until thickened, and mixture begins to separate.
Turn into buttered 2 1/2 - qt. baking-dish or uncovered casserole; Bake 2 hr. in slow oven, 325 degrees F. Then add cold milk and stir in along with brown crust atop pudding. Bake 1 hr. more at 325 degrees F. Serve warm, with light or heavy pitcher cream.

INFORMAL BUFFET SUPPER FOR TOMORROW (A pre-Mother's Day celebration if you like)
Melon Slices
Frankfurter-Apple-Bean-Bake or Casserole New England Baked Beans
Accompanied with Grilled Salami, Bologna and Sausages
Hot Sesame Biscuits Pickles
Big Bowl Mixed Vegetable Salad
Indian-Tapioca Pudding with Pitcher Cream
Coffee, Tea Milk
FRANKFURTER-APPLE BEAN BAKE
1/4 c. West Indies molasses
3 tsp. table mustard
2 tsp. vinegar or lemon juice
2 tsp. Worcestershire sauce
2 cans (1 lb. each) New England baked beans
1 can (20 oz.) pie apple slices
1 lb. frankfurters
Combine molasses and mustard in mixing bowl; stir in vinegar and Worcestershire sauce. Add baked beans, and apple slices; toss in. Turn into 2-qt. casserole. Top with frankfurters each slashed four times. Bake 45 min. in mod. oven (350 degrees F.)

SUGGESTION FROM THE CHEF

Molasses, one of America's famous products, is little known abroad. I especially like it in making a barbecue sauce for grilling meats, poultry and fish.

Women's Groups Promote Expo '67 Passport Plan

MONTREAL (CP)—Women's organizations across Canada have sold \$75,000 worth of passports to Expo '67, says Mrs. Geoffrey Birtz, chairman of the fair's women's advisory committee.

"And by July 31 we expect to have sold more than half a million."

July 31 is the deadline for the Expo 67 club plan launched by the committee and administered by the National Council of Women in Ottawa.

The plan was promoted among women's groups across Canada as a way to save money for individuals planning to attend the world's fair and raise money for the clubs.

A season passport good for daily use throughout Expo - April 28 to Oct. 27, 1967 - costs \$20 now compared with \$35 for one bought after July 31.

A one-day passport can be bought now for \$1.80 compared with \$2.50 after the deadline, and a seven-day passport can be purchased for \$6.50 compared with \$12.

PLAN HOSPITALITY

Even after the cut-rate deadline expires, however, the women's advisory committee will have plenty to do. One project is hospitality.

"We are organizing a national hook-up of men and women interested in entertaining men and women from other parts of Canada and other parts of the world," says Mrs. Birtz, a Montreal lawyer.

"For example, if a couple from Paris wants to go on to Vancouver after visiting Expo, we could arrange for another couple in Vancouver to meet them on their arrival and show them their city and entertain them in their home."

The committee is also at work on International Women's Day, which will be held June 5, 1967.

Millar were in charge of decorating, Dianne Waite and Nancy Kelly welcomed the guests at the door, and Shirley Mackay and Debbie Adams presided at the ticket table.

Serving and preparing plates were Barbara Paynter, Florie and Sharon Roberts, Bethany MacKay, Katherine Millar, Beverly Bernard, Marilyn Millar, Valerie MacEwen, Karen Millar, Elizabeth MacDonald, Barbara Auld, Nancy Kennedy and Brenda Waite.

Graduates of 1965, Betty MacFadyen, Beverly MacLeod and Diana Cousins assisted in serving.

Leaders of the CGIT groups are Dorothy MacKenzie Mrs. Robert Carruthers, Mrs. Donald Glover, Mrs. Stanhope Moore and Mrs. Gerald Millar.

U.C. CGIT Group Holds Spring Tea

Potted mums and Spring flowers combined with colorful artificial blossoms made an attractive setting for the well arranged tables at the United Church CGIT Spring tea held at the Murray Christian Education Center on Saturday afternoon.

Patsy Bowness and Barbara

SLAY RURAL PESTS

Hunters in Norway collected \$231,900 in bounties in 1965 for killing predators including one bear and 138 eagles.

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HAPPENINGS

Marshall Thompson, missionary from Bolivia currently on a speaking tour of Baptist Churches in the province, has been a house guest of Mr. and Mrs. Ira Lewis, York.

Mrs. Lauchlin MacKinnon has returned to her home at Murray River after visiting for the past month with her sister, Mrs. Michael Paul, in Woburn, Mass.

Mrs. A. N. MacPherson has returned to Kilmuir after a pleasant six week visit with relatives and friends in Massachusetts and Hamilton, Ont., where she was a guest of her daughter and son-in-law, Mr. and Mrs. Merrill MacPhail and family.

Mr. and Mrs. George Clary, Whim Road, attended the commencement exercises at the Nova Scotia Agricultural College, Truro, last week, when their son Norman was a member of the graduating class.

A variety concert, sponsored by the St. Alexis (Rollo Bay) CWL, was held in the Souris Regional High School auditorium recently when a program of singing, step-dancing, violin and piano selections, one-act plays and numbers by the "Satellites", a local band of Souris R. H. students, was enjoyed by the large audience. Danny MacLeod was the capable emcee.

Mr. and Mrs. Robert MacPherson and children Susan, Bradley and Larry of Weymouth, Mass., are visiting at

Summerside Kinettes Hold Party On 16th Birthday

A decorated birthday cake, flowers, soft lights and music gave a perfect setting for the Summerside Kinettes Club's 16th birthday party, held at the curling club recently.

The festivities, prepared by the entertainment committee, were greatly enjoyed by the Kinettes and their guests, the Kinmen and K-40 clubs.

During the evening the Kinettes presented, Eleanor Harris, was presented with a gift by Kin president, Alrien Albert, as well as the traditional bouquet of flowers.

The birthday cake in the form of a "16" was ably cut by Kin life member Elmer and Kinettes Pearl Murphy. Later in the evening a cold buffet was

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LINDA BUELL TO WED

Mr. and Mrs. Raymond Buell, Mermaid, P. E. I. wish to announce the engagement of their daughter, Linda Faye to Kenneth Earl, son of Mr. and Mrs. Lester Gunn, Savage Harbour, P. E. I. The wedding is to take place in Toronto, Ont., on May 21.

APPOINTMENT

Mr. A. Bradshaw, President of A. Bradshaw & Son Ltd., Toronto, is pleased to announce the appointment of Mr. Layton Cameron, Mr. Cameron will represent the National Textiles Ltd. Division of A. Bradshaw & Son, for their Work and Casual Clothing.

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