WOMEN

Exchange Marriage Vows

Above are Mr. and Mrs. Wellington Enman and their attendants. From left to right are: Mr. Lincoln Enman, best man; Mr. and Mrs. Wellington Enman, groom and bride; Miss Zelma MacInnis, bridesmaid. The bride is the only daughter of Mr. and Mrs. Wallace Reeves, Freetown, and her husband's parents are Mr. and Mrs. Martin Enman, Grandview.—**(Barter's Film Lab.)**

A quiet wedding was solemnized at Trinity United Church Manse by Rev. A. Frank MacLean at 4 o'clock on Saturday afternoon, September 18, when Sadie Mildred, only daughter of Mr. and Mrs. Wallace Reeves Freetown, P. E. I., and Wellington Alexander, eldest son of Mr. and Mrs. Martin Enman Grandview, P. E. I., exchanged marriage vows.

The attendants were Miss Zelma MacInnis of Charlottetown and Mr. Lincoln Enman, brother of the groom.

The bride chose for her wedding a suit of blue wool gabardine with navy blue accessories. Her corsage was of pink roses.

The bridesmaid wore a beige wool suit with navy accessories and a corsage of yellow roses.

A reception was held at the home of the bride's parents in Freetown for approximately 50 guests. The toast to the bride was proposed by Mr. W. E. Brooks and responded to by the groom.

Pink and white streamers with wedding bells artistically arranged formed the decorations of the dining room The bride's table was centered with the traditional wedding cake topped with a miniature bride and groom.

The following aunts and cousins of the bride assisted in serving: Mrs. R. E. Hicks, Miss Jennie Mayhew, Mrs. Eustace Paynter, Mrs. William Halliwell, Mrs. Elmer Reeves and Miss Audrey Cameron.

The young couple left on a wedding trip for points of interest in the Maritimes. On their return they will reside in Charlottetown.

ELLEN'S DIARY

by an Island Farmer's Wife

And so there came rain at weekend as indicated by our signs and omens. But only the gentles of showers to hush the complaints of the wind. And after: skies softly beclouded sometimes, as were those of this wash-day with October's purple haze, veiling the hilltops. And tonight.

• • •

"Define for us 'a good farmer' will you?" we asked James with a smile. The words had lingered in mind from something complimentary, he had said of a visiting farmer, after he had gone homeward in the twilight of dusk.

"A good farmer, Ellen?" James put aside his reading and reached for his pipe. He tapped it against a stove-cover, to rid it of ashes, filled it smartly with dip of the left hand, tamped down the tobacco found a match and came back to the old armchair to light it and reflect on the question . . . The house was still then with the children in bed; the indoors cozy and pleasant with warmth and light, though without was neither cold nor dark but only seasonably cool and lit by the silver of moonlight.

"There is sometimes a difference between a good farmer and a successful one, don't you think?" we queried. James nodded. "A big difference," he smiled. "A good farmer, to my mind, is one who finds it no trouble to take care of every item and detail of his farming—not that he can always attend to it himself, but if not he makes sure that it is done to his liking."

"Success: that's usually measured in money. Not that a man can't be both. But I've seen good farmers who could never be classed as successful in the light of their savings, though to me they had prospered well."

"A good farmer, Ellen, first of all respects his land. He couldn't harm it in any way because he regards it as a living thing. Sometimes in his eagerness to get the dollars, a man will mine the soil—but not the good farmer. He tries to keep his in good heart; that is always his major concern." "I'd say," he smiled through the smoke-wreath, "the good farmer is one who despite tempting opportunities for him in other fields of work, couldnt be coaxed away from the land. He has too to have in his make-up that liking for it that can see no toil, nothing but content in his occupation. That's something that can't be put there either by his surroundings or education. It's born with him the same as is that spark of genius that makes a good doctor or preacher . . . or," he chuckled, "teacher or cook."

"In a farmer," he continued "it's that state of mind that lets him take an especial pride and joy in all work pertaining to his calling, even," he grinned, recalling an annual providing-chore of his own "in cleaning up the cellar!"

• • •

And a new week we have. What of shade and sunshine lies for us, we wonder, in its coming days?

Until tomorrow — — — — Diary
— — — — Good-night . . . . .

Anne Adams Patterns

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This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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MARY HAWORTH'S MAIL

Atheistic Suitor Is problem Of Theatre Dancer

DEAR MARY HAWORTH: For the past 15 years I have been employed as a burlesque dancer. Due to family difficulties I left home when I was young and gradually drifted into this line.

I was never satisfied with my work, and always felt and acted different from the other girls with whom I worked. Not until lately did I begin to find some meaning to life: and this happened when I became acquainted with the religious beliefs of one of the great Christian creeds.

Five months ago I met a man who is pretty fine in every way, I think. He is 45, considerate, has average intelligence, and not until I met him was there even a chance in my life for receiving any true love or security. I love him very much, and the only drawback is that he is against all religion, and laughs at me when I talk about God or mention religion.

I had seriously intended to join the church; but I am not sure I can give up Bob (I'll call him), and be left with only the help I might find in religion. Please remember I am middle-aged and probably the opportunity for marriage won't come again.

I am even a little awkward in my approach directly to the church, because of my past—and this makes my decision very difficult. But I do feel that once I know which way to turn, I wouldn't find it as hard as it now seems. Can you please advise me? I need help very badly. C. L.

MAN'S FREE WILL IS AWESOME THING

DEAR C. L.: The essence of being human, as distinct frfom animal, is having a potential of free will. By which I mean, humans are endowed oy the Creator wth a capacity to consciously exercise individual choice in taking action —so that persons are "held responsible" for tneir actions in adult years.

This capacity to choose is our intrinsic birthright, although as we know, "man's inhumanity to man" tends to cheat individuals, or masses of people, of this innate avenue to higher development—in a greedy, benighted struggl for ungodly personal power.

So much for preface. Now about the decision confronting you. The business of making decisions in adult years, that mold one's life course, really profoundly affects the individual's character and soul health too.

For example, a person's cast of character, whether weak or strong, whether noble or shabby, is the per result of his habitual way of handling himself, when obliged to choose between, say, brave self-discipline, soridid self-indulgence or cowardly neutrality.

TRUE FAITH ACTS BRAVELY IN DARK

Faith is the substance of soul-health, and has to do with cleaving to the right or higher path of action, just for its own sake, because it seems to be in line with the Divine Plan, and your possible chance to co-operate with it. And so you go that road, without regard for immediate discomforts or penalties, if any. Faith is taking the higher way, while the self is "in the dark' insofar as seeing the next step is concerned—because the will is centered on raching the starry goal, regardless of travel costs.

It is this brand of surrendered faith (so-called) that pay off in those happy states of being which St. Paul lists as "the fruits of the spirit", namely: peace, joy, love, goodness, faithfulness, gentleness, meekness and temperance. And if you can show me a man who wouldn't welcome and cherish such qualities in his wife, I'll show you a chap who isn't worthy to tie her shoelatch.

As I see the picture, the grace of God is prompting you to possess the more abundant life, available to those who seek first the kingdom of God and His righteousness. And my advice is to let nothing throw you off the beam, back into the confusion of "outer darkness", where your well-meaning but ignorant suitor still reclines.
M. H.

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

Creamed Liver and Mushrooms

1 lb. sliced liver (beef, lamb or pork)
3 tbs. flour
½ tsp. salt
⅛ tsp. pepper
2 tbs. fat
¾ cup cereal cream
1 medium onion sliced
1 to 2 cups sliced mushrooms
1 bay leaf

Dip sliced liver in flour seasoned with salt and pepper.

Brown in hot fat in heavy skillet. Add cream to liver, cover with onion slices and mushrooms. Add crushed bay leaf. Cover and cook over low heat ½ hour. 4 servings.

SALE SALE SALE SALE SALE SALE SALE SALE SALE SALE SALE SALE

SALE

The World University Service
TREASURE VAN
International Exhibition of Dolls
HANDICRAFT SALE
October 18 and 19.
Sponsored by Prince of Wales College and St. Dunstan's University.
This ad compliments of
Prowse Bros. Limited and St. Dunstan's University.

SALE SALE SALE SALE

Waun - Leard Wedding

Above are the principals in an autumn wedding at Borden United Church on October 6, when Joan Eleanor Leard and Flying Officer Lyle John Waun were united in marriage. The bride is the daughter of Mr. and Mrs. Urville Leard of Borden. The groom is the son of Mr. and Mrs. George Waun of Thetford, Ontario. From left to right above, are: Mr. Davis Murray, usher; Mr. Sheldon Leard, groomsman; F/O and Mrs. Waun, the groom and bride; Mr. Gerald Leard, usher. Seated, left to right, are: Mrs. Sheldon Leard, bridesmaid; Mrs. Amos Peters, matron of honor.—**(Photo by D. W. Sears).**

LET'S EAT

Fry Cereal In Slices

By IDA BAILEY ALLEN

THE harvest is abundant. There are cereal grains of all kinds, to use not only as "breakfast foods," but in combination with vegetables, fruits, in desserts, and with fish, poultry or meat for good health and good eating.

"As a Chef, I advocate the use of cereal slices saute — that is, fried," said the Chef. "These are not only appetizing, but very useful and versatile.

"With bacon or ham, they are nice for the main course at breakfast or luncheon. With syrup or jelly, they are equally good for breakfast, or dessert at luncheon When used under a lamb or chicken and vegetable fricassee, they raise it up to look important, and make a simple meat dish taste de luxe."

Fried Cereal Slices

"All types of cooked cereals may be fried, such as rolled oats, pearl barley, white, converted or brown rice, cornmeal or hominy mush, enriched white or brown farina or cracked wheat.

"First, plain-cook the cereal according to directions on the package. Then rinse a narrow refrigerator dish or pan with cold water. Spoon in the cereal. Cover and chill a few hours to become firm. Then slice; dust with flour and saute; if to be used as a vegetable, choose savory meat drippings. If to be served with syrup, use vegetable fat."

"I like to oven-fry cereal slices," I told the Chef. "This method is quick and easy, and gives that good baked taste.

"Just dip the floured slices in fine dry bread crumbs mixed with one-fourth the quantity of butter, margarine or vegetable shortening. Place on an oiled pan and brown about 25 min. in a very hot oven, 425 to 450 degrees Fahrenheit.

"Sometimes I cook cereal with raisins, bits of prunes or figs, and oven-fry the slices for desserts with syrup or honey."

TOMORROW'S DINNER

Cole Slaw Sardine Saladettes
Fricassee of Lamb with Vegetables
Savory Fried Cereal Slices
Peach Meringue
Coffee Tea Milk

Peach Meringue: Combine the drained contents 1 (1 lb.) can sliced peaches with 2 c. sliced peeled tart apples, 1 tbsp. flour, 1 tbsp. melted butter or margarine, ½ tsp. nutmeg and ⅔ c. granulated sugar. Transfer to an oiled 9-in. pie plate. Bake 30 min. in a moderately hot oven, 350-375 degrees F.

Separate 2 grade A, B or C eggs. (Use the yolks in another dish.) Beat the whites until stiff with ¼ tsp. cream of tartar and 1 tbsp. sugar. Border this around the edge of the pie plate with a teaspoon. Bake 12 min. or more in a slow oven, 325 degrees F., or until the meringue is pale brown. Serve cold.

TRICK OF THE CHEF

Use cold cooked cereal instead of crumbs in escalloping vegetables. Excellent!

Model Rooms Emphasize The Role Colors Play

By ELEANOR ROSS

WITHOUT color, a room is as dull as a sea shell without mother-of-pearl.

Today's homemakers realize the value of color as a delight to the eye and balm to the mind.

The One-Color Idea

In one group of model rooms shown recently, one color was featured in each unit. Wall and floors seem to merge. Draperies are a continuation of the same hue, as are upholstery fabrics.

Subtle touches and accents are, of course, used to relieve the monotony of just one color. Metallic thread is a favorite and successful device.

The use of two woods in one piece of furniture also affords relief from too much sameness.

Be Yourself

A row of chests of different woods, end tables of different design, sparkling accessories, an imaginative screen — all may be used to add that necessary flair. Don't kowtow to the fashion designers. Be yourself, and use the one-color idea in your own way.

Colors today are gay and unconstrained, instead of dull and conventional.

One pleasantly reckless room featured pink. This charming sitting room had pink chairs, a pink rug and pink upholstery with metallic highlights. The walls were the same color, with the exception of the fourth wall which was done in gray and gold wallpaper. Of course, you've realized that the gold picked up the metallic threads and completed the theme. Black and brass provided other accents.

One Contrasting Wall

Olive and sky blue stripes, a healthy eight inches wide, festoon one wall of a stunning room done in turquoise. The other three are in turquoise, the rug green and the upholstery blue-green. At the windows are sheer draperies with a naturalistic fern and flower pattern.

One room which attracted much attention was done in orange and black. From its tufted carpet to the three-tiered cafe curtains, orange was the main color, with black wrought iron tables and chairs for contrast. An easy chair and matching ottoman used charcoal gray.

Lemon yellow walls and carpets brighten a pretty bedroom. White painted bed and chests add to the light, buoyant feeling. Another bedroom has one wall in charcoal and another in cocoa to match the bedspread.

An all-gold living-dining room has gold-colored rug and upholstery, the gold wall matched with a goldish-toned chartreuse used for painted walls and curtains.

Saving Money

Many money-saving devices appear throughout the whole group, ideas such as two upholstered chairs in place of a more expensive love seat or sofa.

For country housewives who pack lunches for their school children, this recipe from **Alma W. I.** may be helpful. Instead of the usual cookies include in the lunch box a few pieces of

JELLY ROLL

4 eggs
2 cups sugar
2 cups cake flour
2 tsp. baking powder
¾ cup scalded milk
¼ tsp. salt
½ tsp. lemon extract.

Beat eggs all together until very light, gradually adding sugar. Sift your baking powder and salt together and add to other mixture. Add milk which has been cooled until lukewarm. Add lemon extract.

Line a pan with well greased paper, pour mixture into pan, bake 25 minutes in moderate oven. Have ready a clean coarse damp towel, sprinkled with sugar. Turn sponge onto this, spread with jelly or lemon pie filling. Roll quickly and wrap in wax paper to keep shape. Place on rack to cool.

—Mrs. Earl Barbour,
Alma W. I.

CUCUMBER RELISH

12 large cucumbers
6 large onions

Peel and cut in cubes, sprinkle with salt and let stand overnight Drain, add the following:

1 quart white vinegar
4 cups brown sugar
3 tsps. celery powder
3 tsps. turmeric powder,
4 tbs. flour
4 tbs. mustard.
1 cup iced water

Boil until thickens. Seal in sterilized jars.

Colombo Delegates In Canada

Daughters of the leader of the Nepal delegation to the recent Colombo plan conference in Ottawa, Buloo and Rani Maahabir are touring Canada along with 44 delegates from Far Eastern countries. Purpose of the tour is to study industrial methods in Canada to be applied to various countries within the plan. The tour is sponsored by Canada.

KEEP IN TRIM

Change Your Mind--Eat For Beautiful Normal Weight

By Ida Jean Kain

If you have considerable weight to lose, 40 or more pounds, a reducing diet is of little value unless you change your thinking about fattening fare. And this holds true even though you diet off ten pounds or so.

Of course your aim is to lose weight, so it is only natural to gauge the success of a diet in terms of lost pounds. But the true measure of success is in your attitude toward the three daily meals. After all, you must go right on eating for the rest of your life.

In many cases, a rigid diet that lops off pounds likkety-split, is worse than not reducing at all! Such diet efforts merely whet the appetite for fattening foods, the pounds pile back on and no good purpose is served. Worse, this rebound impresses your subconscious mind with the futility of dieting.

Get a fresh slant on weight control. Forget the word diet. Apply the principles of two sciences, nutrition and psychology. This time eat for normal weight, and think of scientifically planned fare as an abundant diet — for it is abundant in repair material to shore up sagging tissues and in the nutrients that regulate and protect. This new slant replaces the feeling of deprivation with a feeling of appreciation and expectation of success in slimming.

Knowing you are on the right course is a tremendous help psychologically. In fact, the amount of excess weight to be lost is far less important than your attitude toward eating for normal weight. Once convinced you are on the road to recapturing your slender figure, and being your vibrant, healthy self again, it will be a pleasure to eat for normal weight. With this change in viewpoint, your mind responds to the stimuli that leads to successful slimming. Without your awareness, there is a subtle change in your attitude toward fattening foods. You then look upon them as defeating your purpose, rather than as an irresistible temptation.

Success breeds success. You like the feeling of being a little slimmer, and this in turn helps you to visualize yourself at your best weight. All this is sound psychology, for you are giving your mind the blue print, or pattern to go by. Once you set your mind on being beautiful normal weight, gone is the resistance to calorie curbing. Then even the doing is exciting. Try it!

Herman N. Bundesen, M. D.

Too Much Blood Sugar Is As Bad As Too Little

THE body has to have enough fuel for the production of heat and energy. The fuel that the body can use most easily is sugar. When there is too much sugar in the blood, the condition is known as diabetes, which, in turn, is due to a lack of a secretion from the pancreas called insulin.

But the opposite can also exist; that is, too little sugar in the blood, a condition called hypoglycemia.

Hypoglycemia may be produced by a variety of disorders.

For example, it can be brought on by starvation or by giving too much insulin. A tumor of the pancreas may also produce it. In such cases, the patient may become unconscious. The blood sugar also may drop below normal in certain conditions of the other glands of internal secretion and severe liver disease.

Most Common Kind

The most common kind, however, occurs in persons who are high strung and thin, who have digestive upsets and who are likely to have high fever with mild infections. The attacks come on at any time, particularly when the person is under strain of some type, whether mental or physical. They usually do not occur before breakfast.

Fortunately, the attacks do not get progressively worse or more frequent, but, especially in children, tend to lessen and often may disappear entirely.

Proteins Beneficial

It is believed that this condition is brought on by an over-production of insulin due to the taking in of too much sugar. On the other hand, the attacks may be prevented or lessened by using a diet high in protein foods, such as meat, milk and eggs, together with fatty foods, and low in starchy foods and sugars.

It is also helpful to avoid excitement and anxiety, and to have children lead an ordinary life with plenty of rest and proper relaxation.

Persons who suffer from fainting spells or attacks of weakness should have a careful study, including a laboratory test, to determine if the body is utilizing sugars satisfactorily.

QUESTION AND ANSWER

Mrs. L. D.: Is it true that iodine will relieve extreme nervousness?

Answer: Iodine is helpful in nervousness when it is due to a disease known as hyperthyroidism or overactivity of the thyroid gland. It should not be taken for nervousness alone, except when prescribed by the physician.

Morning Smile

Citizen—I've nothing — and my watch has only sentimental value.

Robber—Fork it over. I feel like a good cry,anyway.

Household Hint

To clean children's washable stuffed toys, scrub them gently with a soft sudsy brush, remove suds with a damp cloth, then place in an automatic dryer or in a warm spot until dry.

Wife Preservers

Small pullet eggs are sometimes a better buy for your money than the regular sized eggs. Seven small eggs weigh about the same as six medium eggs. There is no change in the number of eggs for most recipes of plain cakes, cookies, waffles, griddle cakes or muffins.

Made by the Bakers of
LANE'S FINE BREAD

Alice Brooks Designs

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Pattern 7129: Cap-and-mitten set in easy crochet. Directions for sizes 4 to 10 included in pattern.

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