

Women

The Guardian, Charlottetown, Mon., April 19, 1965. 7

HAPPENINGS

Audrey Jenkins, Women's Editor. Phone 4-5586

Mr. and Mrs. Wesley Hardy with their children, Ricky, Diane and Donna of Alberton, are spending Easter in Ste. Foye, Que., where they are guests of Mrs. Hardy's brother and sister-in-law, Mr. and Mrs. Arthur Travers.

Mr. and Mrs. Harold Horne, Mill River, have as an Easter guest their daughter, Margaret, who is a student at Prince of Wales College.

Mr. and Mrs. Harvey Lewis and family, Louisburg, N.S., will be spending an Easter vacation with Mrs. Lewis' mother, Mrs. Henry Henderson, Margate, and other members of her family.

Dorothy and Mary McNeill left Alberton on Thursday to visit relatives in Boston, Mass.

Dr. and Mrs. Stanley Donald of Moncton, N.B., are spending Easter with relatives in Summerside and Alberton.

Mr. and Mrs. Beverly Frizzle and Douglas Rooney left Alberton by car on Thursday to spend Easter with Mr. and Mrs. George Frizzle in Halifax, N.S.

Marion McEwen, Alberton, is spending the holidays with her family in Sussex, N.B. She was accompanied by Mrs. Ruth Sommers, who will be her guest.

Albert Lamont, Mr. and Mrs. Harry Wheeler, Strathgarny Homestead, and Mr. and Mrs. Waldron MacKinnon, Churchhill, left recently for Lynnfield, Lowell and Quincy, U.S.A.

Mr. and Mrs. Edmund Clements returned to their home in Dock Road after spending the winter months in Saint John, N.B.

Mrs. Madge Lamont has returned to her home at Bonshaw after spending the winter in Charlottetown.

Mrs. Arthur C. Brooks, Fredrickton, N.B., is spending a few

days with her father, Rev. E. S. Weeks, Bedeque.

Mrs. Murdoch MacLeod, Kensington, left recently for Toronto where she will visit her son-in-law and daughter, Mr. and Mrs. R.S. James. Later she plans to join her brother, Edwin, and Mrs. Johnstone of New Haven, who are spending the winter in Florida. They expect to leave Florida about May 2nd and plan to visit their niece, Mrs. David Black and Mr. Black at Long Island, before returning to the island.

Mr. and Mrs. Ralph Calbeck have returned home to Bedeque after spending two months in Florida.

Delia Pineau, RN, Halifax (and Hunter River) is spending the Easter holidays in Lawrence, Mass. She was accompanied by Cathy Moore, RN.

Mr. and Mrs. Dale Corcoran and daughter, Laura Lee, returned home to Piusville after spending some time in Saint John, N.B.

L-Sgt. and Mrs. Clarence White and family have returned to their home in Oromocto, N.B. after visiting relatives in Murray Harbour.

Mrs. George Manderson, Orville, Ont., is expected to spend the Easter holidays with her mother, Mrs. Henry Henderson, Margate, and with other relatives and friends.

Hermia Gallant returned to her home in Piusville after spending the winter months in Toronto, Ont.

Mrs. Wallace Ross was hostess to the members of the East Baltic Women's Institute at her home recently.

Frances Henderson, Moncton, is expected to spend the Easter holidays with her mother, Mrs. Henry Henderson, Margate and other relatives and friends there.



CLASSY COMPANIONS

On the left a suit to take you anywhere in any season. Made of British wool, the jacket has set-in sleeves and fastens to one side with loop buttonholes and gold buttons. The seaming across the yoke is featured again on the skirt. The suit on the right, in dice check Scottish wool tweed, is from the Windsmoor collection. Comes in a variety of colors — pink, turquoise, lemon, blue and oatmeal — all with white.

Too Large Intake Vitamin D Could Be Health Hazard

OTTAWA (CP)—It is possible for Canadians to get too much vitamin D in their food, says a doctor with the federal food and drug directorate.

Dr. A. B. Morrison of the directorate's research laboratories writes in the current edition of the Consumers Association of Canada magazine Canadian Consumer: "Relatively little excess vitamin D is needed to produce toxic symptoms, particularly in

children. Infants and growing children require 400 international units of vitamin D daily. "It has been reported, however, that approximately 2,000 international units a day may retard growth in infants. A survey taken recently indicated it is quite possible to take in as much as 4,000 international units daily by consuming a variety of foods containing added vitamin D. This obviously is most undesirable."

Dr. Morrison says that although vitamin D is required

materials donated to finish it up. Mrs. Clayton Stavert planned to have a quilting in her home shortly. New Red Cross work was distributed.

Coleman WI Requests Donations For Hospital

Mrs. William Coughlin was hostess to the members of the Coleman WI at their April meeting, when 11 members and several visitors answered roll call by wearing an "Easter Bonnet."

Correspondence was read and discussed and a questionnaire was left for May meeting. A donation of money was received from a member and a note from a couple in the district

who had been remembered with a gift from the Institute.

Mrs. Everett MacPhee invited the members to her home for May meeting. Roll call was answered with an exchange of flower seeds or plant slips.

Hostesses for next meeting will be: Mrs. Stanford Lockhart, Mrs. Bonnie Lockhart and Mrs. Albert Wallace. This portion of meeting closed with the "Lords Prayer."

A short hospital meeting followed with the convenor Mrs. Calvin MacLean reporting on the last April meeting she had attended. Each member is asked to donate a face cloth for the hospital.

Refreshments were served and a social hour was enjoyed, with a short programme by Mrs. Ronald MacDonald.

Women's Comm. Meets Tuesday

On Tuesday morning, April 20 at 10.00 o'clock, the second meeting of the Women's Committee of the Confederation Centre Art Gallery and Museum will take place in the Gallery.

Since the March meeting the standing committees have been active in planning their programmes for the summer and fall season to come.

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IDA BAILEY ALLEN

Let's Do The Meringue In Ways That Stand Up

"NOT once in my remembrance, Madame," observed the Chef, "have we conducted a questionnaire after a personal appearance food-demonstration-lecture, when questions about making meringue didn't pop up."

"Meringues certainly can do wonders in the way of taste-and-eye appeal for pies, puddings, cakes and frozen ice cream dessert. Why do the ladies find meringues so difficult to prepare, Madame?"

All in The Beating

"Because they often beat the egg whites too dry, Chef, so they can't rise to lofty heights. They should be beaten stiff, but still remain shiny. Or it may be because they don't spread the meringue out to the edge of the pie or the edge of the cake or pudding so it will anchor there and so not shrink."

"Pies and all other foods should be cold before the meringue is spread on, or the meringue will weep." And, of course, to prevent "falling," meringues should be cooked the full length of time, at the oven heat designated in the recipe."

Chef's Suggestion

"I suggest the best way to help the ladies, Madame," said the Chef, "is to column two recipes: your favorite meringue for all general uses, and my favorite that we demonstrated around the world to use for all frozen desserts such as Baked Alaska, meringue-topped ice cream cake and ice cream pies."

Measurements are level

MILE-HIGH MERINGUE (Mrs. Allen's Favorite for Pies, Cakes and Puddings)

2 1/2 tsp. cold water
3 egg whites
1/4 tsp. salt
1/4 tsp. cream of tartar
1/4 tsp. vanilla or other flavoring
3 tsp. sugar

Add water to egg whites. Beat until frothy with rotary hand beater. Add salt, cream or astart and flavoring extract. Beat until stiff.

Add sugar and continue beating until stiff enough to form peaks but still shiny. Use at once.

This recipe makes enough meringue to top a 9" pie, or a round 8" cake, or 10 small tarts.

Spread lightly out to the farthest edges of pie, or whatever is to be covered. Bake 12 min. in slow oven, 325 degrees F., or until meringue is pale golden brown.

NEVER-FAIL MERINGUE (favorite of our Chef for frozen Baked Alaska, ice cream, cakes and pies)

Separate whites from yolks of enough eggs (about 5) to make 1/2 c. whites. Turn into a qt. double-boiler top. Beat slightly with wire whisk until frothy.

Place over warm, not boiling water, and stir - cook about 5 min. or until whites are warmed.

Remove from heat; stir in 1 c. granulated sugar, 1/2 tsp. salt and 1/2 tsp. vanilla. Beat with electric mixer or in large blender until meringue forms stiff peaks.

Use whenever a meringue is needed. This recipe makes enough for 2 (9") pies or 3 (8") pies, or to put together a 9" and cover an 8" layer cake. Any unused meringue may be covered, and refrigerated up to 24 hrs.

Sliced Tomato and Cucumbers with Deviled Ham Dressing

Browned Sectioned Broiler - Fryers

Simmered in Chicken Broth

Served over

Buttered Broad Noodles

Leaf Spinach with Sour Cream Dressing

Strawberry - Rhubarb Pie

or Canned Fruit Cocktail in Raspberry - Gel with Soft Custard

Coffee or Tea Milk

DEVILED HAM DRESSING

1 1/2 oz. can deviled ham
1/4 c. not sweet French dressing
1 tsp. table mustard (preferably Dijon)
1/2 c. boiled salad dressing or mayonnaise

Combine ingredients in the order given. Serve over chilled sliced tomatoes and cucumbers. Serves 6.

CAUTION FROM THE CHEF

Even a trace of egg yolk left in the egg whites for meringue will prevent them from beating stiff. If you see any left in the egg whites after "separating" the eggs, carefully scoop it out with a piece of eggshell. Et voila!

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PLAN MAY WEDDING

Mr. and Mrs. Reagh Bagnall, Hunter River, wish to announce the engagement of their youngest daughter, Roma May to Lorne Wayne

ELLEN'S DIARY

Along The Sunny Hilltops Spring Lies In A Haze

"Surprise!" Papa Starling grinned, tugging down after her to their doorstep this morning. We were pinning one of our husband's work-shirts to the line then, a heavy garment in a black and green check. The second pin fell to the ground, and the washed piece drooped, untidily.

"So you're home!" we exclaimed.

"That's the word" he beamed. "Here" he said in an aside to her, "never mind looking for the key! Let's just stop a moment to catch our breaths. There!" he smiled settling down the luggage.

"Oh dear" she sighed "you needn't have set that hat-box down so hard. It's... but haven't I been reminding you, fragile?"

"If that harmed it" he twinkled. "I'll buy you another!"

"Still got some snow, I see" he observed looking about.

"Yes but each day takes its share away."

"Everybody well? Had a nice winter?"

"Oh, yes - thank you. And you?" we queried catching up the drooped end of the washed shirt, and pinning it in place.

"Fine... fine" he nodded. "It was getting rather too hot for comfort down there of late. So..."

"Ellen" James called from a stable door, "you haven't seen that heifer we bought - not close up, that is. Come and see what you think of her!"

What was Mama Starling wearing? we wondered as we went. A little black number it was, very plain but modish. Her gloves were noticed, matched it. And her hat? James had not allowed us much time to take in the details. It was, we knew,

only her second best anyway, her newest being contained in the box.

"And here's grass!" Peter exclaimed when we toured with him and Alex this afternoon in the sunshine. "See how green and pretty it is" he smiled. We were in the orchard then, he gathering up from a sunny spot, comes the old spruce and scattered hither and yon, arranging them neatly on a broad stump, to be handy for him if a squirrel should come by."

A pair of jays excursions from the spruces by the dam below were gleaming in a crab-apple tree... We caught the sound of an increased flow of water through the nearer spillway, and from the woodlands over the fields, drifted that of the sawing. Mostly bare the orchard is, ready for the dandelions to come.

The bantams welcomed us presently to the stables. There too the barn-cats hail visitors, looking up from strawy places where they nap. And one industriously inclined at the time, smiled shyly from the entrance to a mouse-run... Choice covers and handfuls of meal were carried to the butch where the fluffy white rabbit keeps.

And spring was on the fields. It lay too in a sunny haze along the hilltops, in silvery catkins on a poplar in the yard across the lane. And on the wash that was being rocketed gently by the pleasant April breeze.

"Did you hear that, Ellen?" James questions now of the weather forecast. "Snow and, perhaps, rain ahead!"

"There were bluejays in the orchard this afternoon" we say. "Until tomorrow - Diary - Good-night...."

Dear Mary Haworth: I have read with great interest your columns referring to a neighborly helpfulness both in a Belgian town and in Topeka, Kansas, as very effective in mental healing.

My son, now in his late thirties, has been emotionally ill off and on for over 10 years. He has been in and out of several psychiatric hospitals in that time.

His self-confidence built up by hospital care, he comes out pronounced well, only to relapse again when he can't get employment of any kind, and his supposed friends avoid him as if he were contaminated.

Our city sorely needs Recovery, Inc., or similar self-help therapy groups, to aid persons like my son, who is well educated, very intelligent, has a nice personality, etc., but is shunned by all who know us.

Please write something about this deplorable situation of community rejection that awaits former mental patients return to society.

Exhort the public to have more compassion. Explain that mental patients aren't criminals, although, tragically, they are handcuffed for transfer to the state hospital (in our state, anyway), even if they voluntarily.

My son was in several private hospitals before going to the state hospital, at a time when I was very ill, or I wouldn't have consented to it. He never has been out of control of his faculties and certainly didn't need the treatment offered there.

In my experience, mental patients are nice respectable people, as a rule, who are desperately unfortunate in their illness and in their need of friendly ties with well balanced people who care enough, and have enough confidence in them, to visit them occasionally, if nothing more.

Dear L.L.: There is a bracing old adage that says "If you want something done, do it yourself."

Taking that as your slogan in the wasteland of unmet need that you describe, why don't you (or your son: I'll get back to him later) - why don't you write to the national headquarters address of Recovery, Inc., for guidance in putting together a Recovery self-help group in your town, if none exists at present.

For 25 cents, plus about 10 cents postage, The National Headquarters of Recovery, Inc., 116 South Michigan Avenue, Chicago 3, Illinois, will send you a brochure titled "The Recovery Pamphlet" which tells the whole story of the Recovery method, from its inception to its present international status.

According to orthodox Recovery practice, group leaders are mental patients currently in

treatment, or former mental patients. And all are lay persons (not physicians, psychologists or clergy).

Hence opportunity may be at hand for your son to become a group leader or charter booster-member of a Recovery unit in your community, if he will use his intelligence and good education, in short, his head, to get one going.

Authoritatively supervised effort along that line, with the Chicago headquarters personnel supplying encouragement and suggestions, might be the very experience he needs, to bring him on the beam of sound mental health.

The management body of Recovery Inc. is composed of two boards: a board of directors and an executive board, which meet bi-monthly at the national headquarters address in Chicago. Areas in the USA (from coast to coast) and from Canada are represented.

These two boards clarify and administer the policies of the organization so as to preserve the principles formulated by its founder, the late Dr. Abraham Low, when he was a psychiatric doctor and teacher, associated with the University of Illinois medical school. M.H.

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

Irishtown WI Completes Quilt

Mrs. Clayton Stavert was hostess for the April meeting of the Irishtown Women's Institute, when thirteen members and one visitor attended. The Island hymns and "thought for the month" were used to open the meeting, and roll call was responded to by having waistlines measured and paying a cent an inch for the length.

March card parties were reported successful.

New visitors are Mrs. John E. MacLeod, Mrs. Clayton Stavert, and Mrs. Keith Cann. Mrs. Borden Campbell offered to visit the school again.

A finished quilt was displayed and will be given to the Red Cross. Another top is ready and

MARY HAWORTH

Mother Feels Community Should Have Compassion

By Alice Brooks

COZY COMPANION

So warm, good-looking - enjoy this knit jacket all year round. Cables form sunburst. Knit jacket in one piece from neck down, sleeves also. Sunburst adds luxury. Use knitting worsted, Pattern 7128: sizes 32-34; 36-38 incl.

THIRTY-FIVE CENTS (Coins)

Thirty-five cents (coins) for this pattern, no stamps, please, to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 60 Front St. W., Toronto 1, Ont. Ontario residents add 1 cent sales tax. Print plainly P.A.T. TERN NUMBER, NAME, ADDRESS.

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An additional half-credit course - SOCIOLOGY Ia - has been added to the program.

Applications should be returned to the Registrar by APRIL 30.

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PERFECT COVERAGE

By TRACY ADRIAN

The little topper comes in a choice of colors with white, and is perfect coverage for sleeveless dresses. It can also be worn with a separate skirt and blouse to form a costume.

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