

Nancy McCredie, Canada's women's discus and shotput champion, is in hospital in Toronto recovering from a knee operation. Nurse Sandra Shantz takes time out from marking chart to get her name on the cast. Nancy expects to resume training soon. (CP Wirephoto)

HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-5500

Mrs. Mary E. Poole of Souris spent a brief holiday with her sister and brother-in-law, Mr. and Mrs. William Caplan in Moncton, N.B.

Frances Green, Kingston, Ont. visited friends in Breadalbane and Granville during the Yuletide season. Miss Green, who is a student of theology at Queen's University, was the guest speaker at the evening service of the United Church, Breadalbane, last Sunday.

Eleanor Murray, Guelph, Ont., spent the Yuletide holidays with her parents, Mr. and Mrs. Pomroy Murray, Breadalbane.

Audrey Kennedy, student at PWC Charlottetown, was holiday guest of her parents, Mr. and Mrs. Charles Kennedy, New Perth.

Sharon Steeves, student at the United Baptist Bible Training School, Moncton, N.B., spent the holidays with her parents, Rev. A.G.J. and Mrs. Steeves, Montague.

Mrs. Helen Taylor, North Granville, was guest of her son and daughter-in-law, Mr. and Mrs. Blaine Taylor, Montague, over the holidays.

Shirley McCarron, Boston, Mass., spent the holidays at the home of her parents, Mr. and Mrs. A. McCarron, Brooklyn.

Charlie Miller, Chicago, Illinois, was guest of Mr. and Mrs. Stuart Galloway, Montague, for the holiday season.

Mr. and Mrs. Ralph Thompson entertained friends at their home at Long River recently when about forty-fives were played and refreshments were served by the hostess.

Mr. and Mrs. Heath Mayhew entertained at a family party on New Year's Eve at their home at Margate.

Pamela and Michele Murphy, daughters of Mr. and Mrs. Lloyd Murphy of Albany, spent a brief holiday with their grandparents, Mr. and Mrs. Frank Murphy of Augustine Cove.

Mr. and Mrs. George Ramsay, Alberton, have left for an extended visit with their son-in-law and daughter, Mr. and Mrs. George Burnett, in Guelph, Ontario.

Rev. Jacques and Mrs. Smith of Montreal were recent guests of Mr. and Mrs. Alton Webb, O'Leary and Mr. and Mrs. J.W.D. Campbell, Alberton.

Mr. and Mrs. Robert Dawson, Crapaud, have recently returned home from Port Credit, Ont.



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Ranger Chosen To Represent Island At U.S.A. Encampment

Word has just been received from the National Headquarters, Girl Guide's of Canada, Toronto, that Gillian Cudmore of the Montague Ranger Crew has been chosen by the National International Committee to attend the "All States Encampment" and visit in the U.S.A." this summer.

Gillian is the daughter of Mr. and Mrs. James Cudmore, Montague, P.E.I. She is a Gold Cord Guide and has had previous experience in out-of-province camping. One of seven applicants from P.E.I., Gillian will be one of 10 girls representing Canada.

This project held from July 15th until August 25th will give rangers from other countries the opportunity to visit in a Girl Scout Council in the U.S.A. and to attend the All States Encampment in Nantahala National Forest in Western North Carolina.

The girls will go to a hostess Girl Scout Council when they arrive in the U.S.A. While in council, they will live with girl scout families, become acquainted with life in the U.S., and share information about their own country. At the close of the council visit, the visiting girls will attend the All States Encampment for 17 days.

All expenses for the girls attending this camp will be paid by the Girl Scouts of the U.S.A.



GILLIAN CUDMORE

Women

6 The Guardian, Charlottetown, Sat. Jan. 8, 1966.

MARY HAWORTH

Ordinary Good Manners Seen Lacking In Teacher

Dear Mary Haworth: The letter from the Northern lady, disturbed about her school-age children's having to address their teacher as "ma'am", at the teacher insists, instead of Miss Brown, which the mother considers correct, is of interest to me. I have the same problem, only in reverse.

My own first grader has been trained to say "Yes ma'am", "No ma'am", "Thank you ma'am," etc. She has been taught that this shows respect and is good manners in the Southern tradition.

Most her teacher, newly arrived from the North, is an excellent teacher but has told the children to say only "Yes" and "No." She says "You are to leave off the 'ma'am, please.' She says that people don't use 'ma'am' where she comes from.

Given this conflict of opinion on manners and social graces, between parent and teacher, it is very confusing to the child. Which of us is right, M'am? Sincerely, E.B.

Dear E.B.: As I get the picture, the teacher from the North ought to do some background reading on the P's and Q's of cross-section conventional good manners and social grace in the Western World, before setting herself up as a parochial authority in such matters.

Very likely your local public library and/or bookshops keep standard etiquette books in stock, which you or the teacher may consult to get your bearings in respect to acceptable (varying regional customs, pertaining to genteel modes of greeting.

In the Northern community, in pace - setting social circles, politely trained children usually are taught to say "Yes Miss Brown", "No Miss Brown", "Thank you Miss Brown" and so on.

The idea of this format is to provide the child with a reflex habit of stylized address, that signifies respect for adult status and moreover gives her individual adult the courtesy of pronouncing his (or her) name carefully.

This practise has the additional merit of conditioning the child to concentrate directly on the person addressed. Thus it is a helpful antidote to natural shyness, or inward preoccupation, or boisterous indifference to identities, all familiar childhood predilections that could become ingrained social handicaps, less brought under control by early positive discipline.

In coaching her pupils to say simply "Yes", "No", "Thank you," etc., without adding "ma'am" or "sir" or the adult's surname and correct prefix - as Dr. Smith, Mrs. Jones, Miss Gray - your new teacher from the North may believe she is striking a blow for freedom of spirit, as against crippling caste consciousness.

For lack of cross-section social

ELLEN'S DIARY

This Is A Convenient Time To Make Good Resolutions

Exceedingly bright and promising the first days of the new year are. No loiterers are they, but fast moving away... And we, looking off to the farthest horizon, over a reach of white waves, past an extent of freshening green, by the garlanded summer and beyond the autumn's burning shades, think how very much time the year holds. And we plan happily: this we, shall do, this accomplish of work that awaits us; and how much we shall see and learn before in the turn of the month, another new year will dawn. And then, even by this, a first week is gone - slipped by gently, like a wind of the west caressing cloverly meadows, passes in a wave of ripple on a field. So the weeks come and go, full and continuing busy, for folks of the farm.

"We needn't worry about the winter, whether it be cold or warmish, long or short, it will soon pass" one of the family commented this morning, looking out to the white-spread fields of the farmlands... A pair of little lads went out on skates to a patch of ice they had discovered not far from the buildings, obviously quite pleased with the season at hand.

"And what have you been doing of late?" a farmer who had called by, queried of the farmers today.

"Well 'James smiled,' not too much, I'm afraid. We can lay the blame on the time of year, I reckon: getting from the old to the new. There's a nice lot of choring now, and the days are short."

"In any time off, we have been trying to clean up that bit of brush down by the dam: the younger farmer added. "We've been trimming away the low branches, burning all the brush and trash, and sort of tidying up the place down there."

Interesting, the clearing fires are, especially pretty when the shadows of twilight commence to gather. Bright against the

dimness, the flames mount and the sparks cascade in an eye-catching display, lighting the figures of the farmers who feed it, and the lads, happy to assist at that work. Incidentally as such woodwork does, it creates a healthful hunger, restoring any appetites jaded by the rich foods of the Christmas abundance.

"What meat are you serving at dinner-time?" Peter, come by inquired. "Not turkey, I would hope! Nor chicken! Nor plum pudding."

"...nor pop, nor icecream" we added with a chuckle, "nor cake nor candy nor any of the Christmas or New Year's fare."

"That's good!" he nodded.

The season suggests this is naturally a convenient time, in which to make good resolves. We shall try to over-power some questionable habit, that is gaining more than a toe-hold in our life and living. We shall search ourselves diligently, and seek to strengthen such virtues as are ours. We shall, we promise, practice the Golden Rule more faithfully, and as someone has put it "think more of others, and a little less of ourselves, adding this to our life's creed."

Grace Hill Freeman finds inspiration in hers which if followed brings its own rewards.

"The food that I share with others

Is the food that nourishes me. The strength that I spend for others

Is the strength that I retain. The freedom I seek for others

Makes me forever free. The pain that I ease in others

Shall take away my pain. The load that I lift from others

Makes my load disappear. The good that I see in others

My greatest good shall be. Comes back my life to cheer. The path that I walk with others,

Is the path God walks with me.

Until Monday... -Diary... Good -night....



SECOND SEMESTER

All set for fashion honors in the classroom is this young student in her second semester co-ordinated outfit. The ensemble consists of a wide-ribbed turtle-neck sweater, matching knee stockings and a plaid wrap-around skirt with patch pocket. The skirt of wool nylon-acrylic is bonded by a new method to acetate tricot to provide a smooth drape and wrinkle-resistance. By TRACY ADRIAN

IDA BAILEY ALLEN

Beef And Salami Star On Onion Gravy Train

In these columns we have often written about proteins, carbohydrates, fats, and vitamins and minerals, and their relationship to a balanced daily diet. But the most necessary factor of all is WATER. It supercedes food. It is second in importance only to oxygen, makes up about 70 per cent of our body weight, carries the nutritive elements from the food to the cells, takes away the waste products of metabolism, and regulates body temperature.

Next six ingredients in the order given. Mix thoroughly - until smooth; set aside 10 min. for the crumbs to swell. Shape into 12 balls.

Roll lightly in additional bread crumbs. Heat oil in large skillet that can go to table. Brown meat balls all over in it. Add onion soup then the 1/2 cup hot water and oregano. Simmer-cook 40 min. Turn meat balls three times for even cooking. Serve in onion gravy.

DAILY REQUIREMENT

- 1 (1 lb.) can sliced chilled peaches
- 1/4 c. sugar
- 4 tbsp. margarine or shortening (room-soft)
- 6 tbsp. sugar, additional
- 1 egg, beaten
- 1/2 tsp. lemon extract
- 1/2 c. flour
- 1/2 tsp. baking powder
- one-third tsp. milk
- 1/2 c. milk
- Whipped cream or any whipped topping

Transfer peaches with their syrup and 1/2 c. sugar to buttered 7" x 11" baking dish. Heat 10 min. in oven (375 degrees F.). Meantime, make batter as follows:

Batter: Mix margarine, six (6) tsp. additional sugar, egg, and lemon extract until fluffy. Next, sift together flour, baking powder and salt. Add to batter mixture together with milk. Stir-mix until smooth. Spoon batter evenly over peaches in pan. Bake 30 min. at 375 degrees F. Cut in squares. Serve warm with whipped topping.

TIP FROM THE CHEF

Cranberry-orange juice is delicious. Just combine the two juices in equal quantities; serve chilled or at room temperature.

COLOR COMES LATER

horses of Vienna are born gray and their coats turn white between the third and seventh year.

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SEVEN RULES TO HELP IN DECORATING

- Roy Pursey of Crockett & Storey
- 1: Let your home reflect your own personality. Learn from - but do not copy - your friends and neighbors.
 - 2: Combine beauty with Roy Pursey comfort.
 - 3: Choose furniture that's lovely to look at and to live with.
 - 4: Don't overcrowd rooms.
 - 5: Use color lavishly, whether you like monochromes, harmonizing or contrasting color schemes. Avoid drabness.
 - 6: Mix - don't match. Mix periods, wood finishes, and fabric textures so that each item in the room will have a character of its own. Your items do not have to MATCH but they must BLEND together beautifully.
 - 7: Sketch a lay-out of your rooms. In a new home this can be done right on the plans. Your furniture dealer can help you - and we invite you to come in and take advantage of our free decorator service.

Blind Teenager Determined To Graduate Next June

WESTBROOK, Me. (AP) - "I cried at first. It's a funny feeling when you know you'll never see again."

Then Barbara Mitchell added: "But I ain't a handicap. I'm fortunate to have had sight for 16 years."

That's how the pretty, 17-year-old blonde reacted to blindness Barbara, a cheerleader at Westbrook High School, hopped onto her new white motor scooter one afternoon last July. While riding to a girl friend's house, she skidded into a car. For months doctors thought she wouldn't live. Barbara suffered extensive brain and spinal injuries and lost her sight.

But now she's up and about at the home of her parents, Mr. and Mrs. Lawrence E. Mitchell. And she's determined she will graduate with her class next June.

"I shall do everything I ever did before except drive a car," she said, "and when they invent a car with push button magnet control, I'll do that, too."

In sleepless nights while she was at a Portland hospital, Barbara used to visualize her bedroom as it was the night before her accident.

"I'd remember my bed is grey with a pink spread over the animals... the book I left open, and my glasses. Then I'd worry about where I left off in the book and I couldn't remember."

Reading is what Barbara misses more than anything. But she has a substitute, a talking book machine which helps her with her school work.

"Another mechanical aid to school work is a telephone hook-up with her classrooms."

"Before class begins," she said, "the kids come over and whisper in the intercom. They'll tell us we have a substitute (teacher) or any of the latest gossip."

Barbara wants to attend a vocational school for the blind. One of the prerequisites is being able to walk by herself with a cane.

"It's a funny thing," Barbara said. "I was always tripping over something before the accident, but I haven't tripped since."

ELMSDALE

Betty Rix and her father Everett Rix of Dartmouth, Nova Scotia were Christmas weekend visitors of Mrs. C. Rix, Freda and Raymond.

Mr. and Mrs. Thomas Harrison, who have spent the past several weeks with Mrs. Harrison's parents, Mr. and Mrs. Frank Yeo and Mr. and Mrs. Wentworth Yeo left on return to their Ontario home on Wednesday, Dec. 29.

Mr. and Mrs. Ralph MacNeill had as visitors during the Yuletide season, the latter's sisters: Miss Olive Gallant, Mrs. Lloyd Trainor, Mr. Trainor and children and Janet Teller, all of Moncton, N.B.

Mr. and Mrs. D.A. Williams were guests on Christmas Day with their daughter, Mrs. Howard Adams, Mr. Adams and family.

Mrs. Minnie MacNeill was discharged from Western Hospital where she had received treatment for three weeks, in time to spend the Christmas season with members of her family.

Betty MacNeill, Toronto, flew home for Christmas to be with her mother, Mrs. Minnie MacNeill.

Mrs. Charles Dunn was a patient in Western Hospital for a few days recently.

Mr. and Mrs. Hugh Williams and Vera were guests on Christmas Day at the home of their son Leonard and Mrs. Williams and Heather, Alberton.

The Elmsdale School closed for the Christmas holidays on Dec. 23, with an enjoyable entertainment of drills, dialogues, recitations, and songs put on by the Senior and Junior pupils under the direction of their teachers - Mrs. Aileen Mathews and Mrs. Judy Cotton. Santa Claus arrived and in his usual jovial manner presented gifts and treats to all the children from a well-laden tree. Robert Campbell, M.L.A. capably acted as chairman. Alvin Wilkie, on behalf of parents, and visitors present expressed appreciation to the teachers for their effort and patience in preparing such a wonderful programme. "G O D Save The Queen" was the closing number.

Mrs. Gerald O'Brien and family were guests with Leigh and Mrs. O'Brien and family, Alberton on Christmas Day.

Mrs. Hazel Cameron was a guest for Christmas with her son Max and Mrs. Cameron and Gloria, Summerside.

SOURIS

Mrs. Leo Gallant of Armadale is a patient in Souris Hospital.

Mrs. James McInnis of Selkirk is a patient in Souris Hospital.

Ken Peters, son of Mr. and Mrs. Arthur Peters, Souris, is a patient in Souris Hospital.

Mrs. John McLean is a patient in Souris Hospital.

John W. MacDonald is a patient in Souris Hospital. Mr. MacDonald is from Rollo Bay.

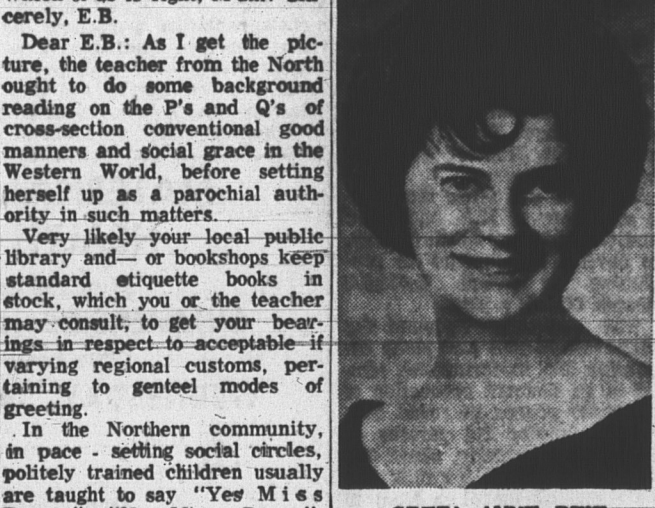
HOUSEHOLD HINTS

When a man's white dress shirt gets too faded, dye it blue and let him wear it around home.

Use a cotton swab dipped in detergent to clean smudges underneath the phone dial.

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GRETTA ANNE PIKE

ENGAGED

Capt. E.R. Pike and Mrs. Pike, Borden, wish to announce the engagement of their daughter, Gretta Anne, to William Blair, son of Mr. and Mrs. William MacDonald, Cape Traverse. The marriage is to take place at Trinity United Church, Borden, on March 12, 1966 at 2 p.m.

Abstracts Resful To Toronto Artist

REGINA (CP) - A Toronto artist says Prairie painters are leading the way in Canadian avant-garde art.

"In viewing Montreal and Toronto galleries, I was constantly impressed that the majority of painters showing avant-garde works of outstanding merit were from Saskatchewan and Alberta," says Holly Middleton. Most had attended Saskatchewan Arts Board seminars at Emma Lake.

Miss Middleton, a native of Vernon, B.C., says much of the antagonism to modern, abstract art originated from people feeling it was forced on them.

"I think most people feel they must read more into abstract paintings than is necessary. Meaning does not always exist in an abstract work."

"Just as music stands right on its tone and relationships of those tones, so a good painting stands alone on its color, relationships and proportions. One should simply let the color and line of the painting delight the eye."

Miss Middleton, who paints realistic works, doesn't have paintings of things or people in her apartment.

"I can't relax with them as I can with abstracts, which are resful and make no demands on the conscious mind."

Miss Middleton studied painting and sculpture at the Winnipeg School of Art and has been

BORDEN

Mr. Amos Peters has returned to Borden after being a patient in the Prince County Hospital, Summerside.

Shelvie Bell who has been opening Shelvie's Beauty Salon at Borden for the past few years is leaving this month for Fredericton, N.B., where she has accepted a position in the beauty parlor of the Lord Beaverbrook Hotel. The beauty shop in Borden is being taken over by Mrs. Carol DeCoste (formerly Carol Currie of Borden) and will be known as Carol's Beauty Salon. Carol has had wide experience in her field having worked at Charlottetown, Halifax and other centers in Ontario.

Reginald McAleer has returned to Borden after undergoing surgery in the Prince County Hospital at Summerside.

Mr. and Mrs. Wendell Mayhew and family, Halifax, N.S., visited Mr. Mayhew's grandmother, Mrs. Hammond Newson, Breadalbane, recently.

Mr. and Mrs. Paul MacKay and family, Lancaster, N.B., were New Year weekend guests of Mr. and Mrs. Lester Champion, Kensington. They were accompanied on return by Mr. MacKay's mother, Mrs. John E. MacKay, who will be their guest.

Mr. and Mrs. Myron Matheson and daughter Suzanne, Montreal, were guests of Mr. and Mrs. Cuyler Matheson, Breadalbane, during the Yuletide season.

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