MISS MARY Thompson, provincial nutritionist, is shown explaining Canada's food rules to members of the P.E.I. branch of the Canadian Consumer's Association, who attended the annual meeting of the organization held at the Charlottetown Hotel on Monday night. Left to right are: Miss Thompson; Mrs. J. A. Lawson, Mrs Ralph Manning, past president; Mrs. Lorne MacLellan, president; and Mrs. Aubrey Cutcliffe, vice-president.

Women

Anne Bond, Women's Editor, Phone 4-8506

Island CAC Branch Elects Mrs. L. MacLellan As Head

Mrs. Lorne MacLellan was elected president of the Prince Edward Island branch of the Consumers Association of Canada at the annual meeting of the organization held on Monday evening at the Charlottetown Hotel. Mrs. MacLellan will be replacing Mrs. Ralph Manning who has held the position for six years.

Other officers elected included: Mrs. F. Walter Hyndman, honorary president; Mrs. W.R. Haw, honorary vice-president; Mrs. Aubrey Cutcliffe, first vice-president; Mrs. Ian MacLeod, second vice-president; Mrs. James Hornby, third vice-president; Mrs. Lemuel Prowse, fourth vice-president; Miss Mabel Adams, treasurer; Mrs. Charles McQuaid, recording secretary; Corresponding secretary and publicity, Mrs. David Boswell; member ex officio, Mrs. J.A. Lawson; telephone, Mrs. Stewart Weir; members at large, Mrs. Julian Herring, Mrs. W.G. Hogg, Mrs. Russell Ewing; Mrs. Andrew MacRae, Mrs. Robert MacLeod, Mrs. B. B. Jones, Mrs. C.A. Coady, Mrs. W.E. Massey, Mrs. Ian Craig, Mrs. Frank MacKinnen and Mrs. W.E. Smallman.

The meeting, which was chaired by the past president, Mrs. Manning, passed two resolutions. The first regarding electrical appliances and the difficulty in having these appliances repaired because of the inaccessibility of parts; resolved that the Canadian Standard Association endeavour to standardize the types of control equipment for these applicances.

The second resolution dealt with the testing of area water for mineral content before manufacturers of steam irons released information saying that that tap water would not harm or damage the product.

In the president's report Mrs. Manning dealt with undertakings of the organization during the year. She stressed the work done to find a solution to the meat inspection problem in the province, and reported that regulations are being processed by the Government's executive council where by all slaughter houses in the province will be licensed thus assuring the consumer that all meat sold will be government inspected.

Mrs. Manning thanked Mrs. J.A. Lawson, Mrs. Jack Nicholson and Miss Mabel Adams for their support during her term of office and pointed out that it was becoming increasingly evident that the Island consumer was becoming more aware of value and what to look for in buying and that in turn the retailer was becoming more aware of the consumers wants.

The guest speaker at the meeting was Miss Mary Thompson, the provincial nutritionist, who spoke on the topic "nutrition and the consumer." In her address Miss Thompson said "Canada's food rules are the keys to good health". She spoke of the importance of carbohydrates and protein.

"Meal planning," she said, "is a very necessary thing. It is not good enough to start planning dinner 40 minutes before the meal is to be served." She suggested that menus be planned a week in advance and that they be checked with Canada's food guide. Meals should be balanced and should give a feeling of complete satisfaction. They should be planned with an eye to the family's likes and dislikes and the food should look as well as taste good.

With regard to buying, Miss Thompson said, "A shopping list should be taken along. She urged that the consumer choose choice or standard grades and that they read labels. She said that the consumer should buy cheaper cuts of meat and that no more than ¼ of the food budget should go toward meat.

She also dealt with the cooking of vegetables and other food with regard to nutrition. Miss Thompson was thanked by Mrs. Aubrey Cutcliffe.

Mrs. Lorne MacLellan and Mrs. J.A. Lawson were named to attend the annual meeting of the Canadian Association of Consumers being held in Kingston, Ont., later in June.

A panel discussion chaired by Mrs. J.A. Lawson with Mr. Ellis of the Retail Merchants Association and Jack Kirby, dealt with such subjects as seat belts for cars, refrigerator garutees, and discount stores.

A handicraft display was also included in the program.

MARY HAWORTH

Recovery Inc. Head Denies Affiliation With RPWWS

Dear Mary Haworth: A discussion published in your column recently, on the subject of scrupulosity, based on a letter and a bulletin from the director of Recovery Program World Wide Service, leads me to believe you mistake this group for the national organization: Recovery Inc., started by the late Dr. Abraham Low.

I am a member of the national board of Recovery Inc., and the individual who represents himself as director of RPWWS did at one time function as a leader of one of our local chapters. But when it became clear that he, as a layman, was adding his own innovations to the professionally developed system known as Recovery Inc., we refused to be responsible for his actions.

As Recovery Inc. is entirely a self-help project (for nervous patients) and as we deal with rather serious problems, we in the national body feel it is imperative that we stick closely to the program outlined by Dr. Low. As a professional person he was able to build in safeguards to prevent us from doing more harm than good. When a lay person changes the original methods we cannot take responsibility.

You have been such a friend of Recovery Inc. in the past that we feel it is only fair to bring this issue to your attention. . .We would appreciate it if you would clear through our national office any future material you might think to be in question.

We are now incorporated in most states and hope that this will be a further deterrent to those who would use the good name of Recovery Inc. unwisely. Our primary purpose is to help those who need our help. We know that Dr. Low's method works; no need to experiment or change it in any way. We who work in Recovery are living examples of restoration to a constructive life. Most sincerely, T.R.

Dear T.R.: It seems a good idea to make a distinction, here and now, between Recovery Inc. and the (shall we say) splinter group known as Recovery Program World Wide Service.

Recovery Inc. has headquarters at 116 South Michigan Avenue, Chicago 3, Illinois. The RPWWS central office address is listed as GPO Box 2260, New York 1, N.Y.

As you say, this column has been open-minded towards the therapeutic potentials of Recovery Inc. since its history and objectives first came to our attention some 10 years ago.

Likewise you are open-minded to the possibility that time and the fruition of dynamic new thinking about Dr. Low's formulae might afford warrant for adding to, or growing beyond, the format he bequeathed to his followers.

Inasmuch as Dr. Low died in the early rounds of his pioneering work with Recovery Inc., we cannot know how his own ideas might have evolved, had he been granted another 10 or 15 years' experience with group therapy that aims at "mental health through will training."

Dr. Low was a man of science and a man of vision. He was experimental and alert, with the guts and drive to be unorthodox in unselfish service to people in need. Thus he probably wouldn't thank any disciples who might try to make a cult of his method, by embalming it as "the last word on the subject," at the point where he stepped out of the picture.

After all, psychiatry, the discipline in which Dr. Low specialized, didn't close the book with the contributions of Dr. Freud, who more or less gave birth to this branch of healing. Other comers to the field: Adler, Jung, Jones, Sullivan, Fromm-Reichman, Horney, indeed Dr. Low himself, continued to add to Dr. Freud's legacy.

And by the way, when this column first embraced the idea that Recovery Inc. might have something to offer, we did so without any encouragement whatever from the psychiatric majority, which took a rather dim view of your endeavors at that time. Now it is you who are looking down the nose. Don't you think there is room for different schools of thought?

M.H.

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

WOMEN'S ORGANIZATIONS

Helen Herring Addresses WI District Convention

CENTRAL LOT 16 — The annual Central Prince district Women's Institute convention was held on Monday, June 4 in the Lot 16 Hall with over 90 women attending. Among the districts represented were New Annan, Traveller's Rest, Sherbrooke, Read's Corner, Linkletter, St. Eleanors, Southwest Lot 16, Central Lot 16 and Belmont.

The Belmont WI was the hostess group and the meeting was chaired by Mrs. Harold Yeo with Mrs. A. S. Johnson acting as secretary.

The address of welcome was given by Mrs. Arnett Simpson, Belmont and it was responded to by Mrs. Larry Yeo of Central. Mrs. George Waite of Traveller's Rest gave a report on the work of the various institutes during the year.

A solo was rendered by Miss Edith Belton and the handicraft exhibits were displayed by Mrs. A. K. MacGregor and Mrs. Larry Yeo.

Miss LeClair and Miss Therriault represented the P. E. I. WI branch office at the meeting and they spoke on the handicraft van and other related topics.

A minute's silence was observed in memory of the following deceased members, Mrs. Garfield Yeo, Miss Emmeline Marchbank, Miss Jennie Marchbank, Mrs. Hubert MacNeill and Mrs. Albert Boswell of Sherbrooke.

Mrs. Winslow Morrison of Linkletter was pianist for a sing-song led by Mrs. Kenneth MacLean. A demonstration on the uses of foam rubber was given by Mrs. Lester Ragiole of Read's Corner.

The guest speaker for the convention was Mrs. Helen Herring who spoke on "Women's Institutes, Past, Present and Future."

Mrs. Herring was thanked by Mrs. Sterling Thompson.

The collection was donated to the Canadian Cancer Society.

Barbara MacInnis of Traveller's Rest entertained the members with a tap dance and the Doyle and Mrs. Malcolm Steele.

Soft background music was furnished by Mrs. J.K. Fraser, Mrs. Eric Sheen, Mrs. Lorraine Hall and Mrs. Clarence Steele.

During the afternoon, Dr. O. H. Phillips, who was present, was introduced by Miss Wanda Wyatt, and after a few introductory remarks, introduced Mrs. Fairclough, who gave a most interesting talk.

The conveners of the tea were Mrs. D.E. Lidstone, Mrs. R.M. Crockett and Mrs. Percy Ramsay.

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Mr. and Mrs. Charles MacLean, 11 Grafton Street, left by train on Tuesday to spend a holiday in Toronto, Ont.

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The worship service was conducted by Mrs. Perley Taylor and was based on the theme "disciples". Roll call was answered by a Bible verse containing the word "disciple."

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The members contributed to the fund for Camp Kier.

A history of the Brookfield WMS since its beginning in 1910 compiled by Mrs. Flora MacLeod was read by Mrs. Perley Taylor. The secretary reported that there would be $204.20 to be forwarded to the missions. The mite boxes contained $103.66.

Following the meeting lunch was served by the hostess.

VICTORIA UCW

The May meeting of the Victoria United Church Women was held recently at the home of the president, Mrs. Max Thompson. Mrs. Norman Boulter led the devotional period with Mrs. Harry Crosley reading the scripture lesson.

An outstanding highlight of the meeting was the presentation of a life membership certificate and pin to Mrs. Louis D. MacLeod from her granddaughters, Verna MacLeod and Donalda Burda commemorating "Mother's Day." Mrs. MacLeod was the first member to be presented with a life membership in the Victoria UCW.

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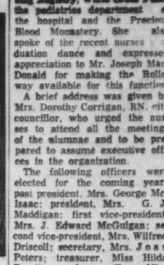
STEPHANIE GAUDET



WILLIAM ALEXANDER

ENGAGEMENT ANNOUNCED

Mr. and Mrs. William A. Gaudet wish to announce the engagement of their daughter, Stephanie Mary Edith, RN, to William John Alexander, son of Mr. A. A. Alexander and the late Mrs. Alexander of Disley, Lancashire County, England. Marriage to take place in Summerside in the near future.

City Hospital Nurses Alumnae Has Annual Dinner Meeting

The 31st annual meeting of the Charlottetown Hospital Nurses Alumnae was held at the Queen Hotel on Monday evening. Approximately 50 nurses attended the dinner which was presided over by Mrs. George McIsaac. Dinner music was provided by Miss Myrtle Perry, RN.

Mrs. Jean Peters, secretary, read reports of the last annual and bi-monthly meetings, and the treasurer's report was also dealt with.

In her president's report, Mrs. McIsaac reviewed the year's activities. She reported on the slide projector that had been purchased for the school of nursing, on contributions to the Catholic Social Welfare, The Nursing Registry, Wills Cross Fund, the pediatrics department of the Prince Edward Island Hospital and the Precious Blood Monastery. She also spoke of the recent nurses graduation dance and expressed appreciation to Mr. Joseph MacDonald for making the Rolloway available for this function.

A brief address was given by Mrs. Dorothy Corrigan, RN, city councillor, who urged the nurses to attend all the meetings of the alumnae and to be prepared to assume executive offices in the organization.

The following officers were elected for the coming year: past president, Mrs. George McIsaac; president, Mrs. G. J. Maddigan; first vice-president, Mrs. J. Edward McGuigan; second vice-president, Mrs. Wilfred Driscoll; secretary, Mrs. Joan Peters; treasurer, Miss Hilda Rossiter; and councillors, Miss Gertrude Arsenault, Miss Thelma Walsh, Miss Marcella MacDonald and Mrs. H. MacDonald.

HAPPENINGS

Honourable Ellen Fairclough, minister of citizenship and immigration and Mrs. O.H. Phillips, wife of the Progressive Conservative candidate for Prince County, were guests of honor at an afternoon tea yesterday at the Royal Canadian Legion Home in Summerside.

The attractive lounge was gay with spray bouquets of spring flowers. Mrs. D.L. Miller introduced the guests, who were received by Miss Bertha Pope, president of the Fifth District P.C. Women's Association, and Mrs. Earl MacDonald, president Tignish P.C. Association, and presented to the guests of honor. An attractive arrangement of spring flowers interspersed with pink taperettes centered the tea table, and presiding over the tea cups were: Mrs. Heath Strong, Mrs. D.F. McNeill, Mrs. Frank Arnett, Mrs. Basil Kelly, Mrs. R. Tompkinson, Mrs J.E. Morrison, Mrs Robert Grindlay and Mrs. Preston Kennedy.

Replenishing the tea urns were Mrs. Harvey Bernard, Mrs. Vincent Savidant, Mrs. Leo Wood and Mrs. Henry Noonan. Assisting in serving the guests were Mrs. R.B. Dewar, Mrs. W.E. MacCausland, Mrs. H.V. West, Mrs. George McMahon, Miss Mary Ann Lidstone, Mrs M. Duffy, Mrs. Louis Leger, Mrs. Carl Crockett, Mrs. Claude Delaney, Mrs. LeRoy Gallant, Mrs. Eric Kay, Mrs. Alden Yeo, Mrs. Nell Simpson, Mrs. Frank MacKay, Mrs. Vernon Metherell, Mrs. Donald MacDonald, Mrs. C. MacNevin, Mrs. Wyman Millar, Mrs. Mark Gaudet, Mrs. Emerson Smallman, Mrs. Alex MacDonald, Mrs. Urban Laughlin, Mrs. Don Cameron, Mrs. Ivan Nicholson, Mrs. Fred Matthew, Mrs. George Key, Jr., Mrs. Sterling Ellis, Mrs. Tilmon Gallant, Mrs. Earl Atkinson and Mrs. Wilfred Perry.

Replenishing the tea plates were Mrs. J.E. Dalton, Mrs. P. L. Morris, Mrs. Wilfred Lecky, Mrs. Major MacDonald, Mrs. E.T. Tanton, Mrs. Frank MacNeill and Mrs. W.P. Callaghan.

Ushering the guests were Mrs. Ben Roever, Mrs. E. MacDonald, Mrs. Lester Linkletter, Mrs. James Johnston, Mrs. Chester MacDonald, Mrs. Desmond Gaudet, Mrs. Milton Doyle and Mrs. Malcolm Steele.

Soft background music was furnished by Mrs. J.K. Fraser, Mrs. Eric Sheen, Mrs. Lorraine Hall and Mrs. Clarence Steele.

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EARNSCLIFFE C. W. I.

The annual meeting of the "Star of the Sea" parish council of the Catholic Women's League was held in the church on May 3. Mrs. Michael McInnis chaired the meeting and gave a detailed report of the year's work showing the organization had been active from social, spiritual and charitable viewpoints.

Mrs. B. Doyle gave a report on the receipts and expenditures of the council during the year. The various committee convenors reported on the year's activities in regard to their particular interests.

The following officers were elected for the coming year: Mrs. Michael McInnis, president; Mrs. Edwin Doyle, first vice-president; Mrs. Joe Morrissey, second vice president; Mrs. Bernard Doyle, secretary-treasurer; Mrs. J. A. Murphy and Mrs. Reg. McInnis, councillors.

BROOKFIELD WMS

The annual meeting and "mite box" opening of the

ELLEN'S DIARY

Hummingbirds Pay Their Respects To The Flowers

This morning while we were at breakfast, the hummingbirds came. They were about the lawn in a pair, paying their respects at this end of that spring-flower's door. Daffodils smiled a welcome, the tulips and tulips were pleased . . . Not that we have many flowerings at the moment, or indeed at any time, for our gardening has its weak spots. And besides, before this, more than one animal and fowl has waited by to take some toll of our plants. Nevertheless, some survive to lend color and beauty to our days. . .

"I got trouble. . . I got trouble," Alex chanted at the door this morning.

"Oh!"

"Yes, one of the cats was away up in the willow tree, not far from that nest. And wasn't the robin worried! And would you blame her?. . .And I do dear," he exclaimed with some dismay, "look now, right there digging in the middle of my flowerbed, Scampie is burying a meat-bone!" He shook his head. "He should know better, the dog. But," with a resigned sigh, "he doesn't."

Chance periods of sunshine we had today; and also intervals of shadow. And up along the creek to the west, we found a wedding of tree, a feathery blossomed pear, white-crowned with bloom.

"The countryside gets pretty and prettier," Granddaughter smiled looking off over fields and woodlands. "And I know now that spring is my favorite season! I suspect that is only natural," she added, "since I was born in the cherry-blossom time."

"Not bad growing-weather, this we're getting now," a farmer to the yard offered today. "Oh it does keep a little on the cold side, but things are commencing to grow. The showers we've been having help."

"Our farmers declare we on Island farms could do with rain at least once a week through the growing-season," we said.

"And so we could," he smiled. "There's a little clover to be seen in the meadows, they say."

"That's the cry all over," he nodded.

"Then the prospects for the hay-crop aren't too promising?"

"Oh, I wouldn't say that. There won't be the quantity perhaps of some years, but it will go further in the feeding . . . There's likely to be plenty of the stuff around when we come to the haying!" he chuckled.

We climbed after Alex to a meal this afternoon, to track down the location of the happy cackle we had heard. . .To pick up an egg, new-laid and warm, from a clean round-of-nest in the hay is a pleasant experience.

"Why, there's a nice lot of hay left here!" we said.

"Oh yes," he smiled. "And Gran'daddy likes to have it that way for we never know what the new crop will be like! It will be plenty or scarce. Yes he always likes to have some left over-and some straw too, and grain."

"A long day!" we offer, glancing now at the clock, which warns us of our bedtime.

"A long day," James agrees, unlacing his workday boots.

"A nice few miles on those," we nod.

"A nice few put on today," he smiles.

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

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