

WOMEN

Page 8, The Guardian Friday, Jan. 13, 1956

Christmas Setting For Recent Vows

Christmas decorations formed the setting on Saturday, December 24, 1955, at the home of the bride's parents when Miss Freda Marion Mayhew, daughter of Mr. and Mrs. Heath Mayhew, Margate, was united in marriage with Mr. Thomas Carlyle MacKenzie, son of Mr. and Mrs. J. W. MacKenzie, Summerside. The double ring ceremony was performed by Rev. S. H. Haslam.

Given in marriage by her father, the bride wore a powder blue street-length dress of tulle with matching accessories and a corsage of red carnations.

Mrs. Keith Coles, matron of honor, wore a dress of charcoal grey with pink accessories and a corsage of pink carnations.

Mr. Clair White was best man. The wedding music was by Miss Mary Kay Mayhew.

Following a reception for the immediate family, the couple left on a short wedding trip, the bride travelling in a blue flecked coat of wool tweed with coral accessories.

Ballerino

Pictured above is Miss Sharon Bugden whose children's classes in ballet have become a feature of the Charlottetown Y.M.C.A. program.

Held on Saturday afternoons, the purpose of the sessions is to teach



SHARON BUGDEN

Vows Solemnized At Hampton Manse

The United Church Manse, Hampton, was the setting on December 10, 1955, at 6 o'clock when Rev. R. H. Baxter united in marriage Miss Georgina Ruth MacKenzie, youngest daughter of Mr. Harry MacKenzie, and Mr. Rufus Seaman Waddell, son of Mr. and Mrs. Urban Waddell, Cape Traverse.

For her wedding, the bride chose a rose tweed suit with matching accessories and a corsage of pink carnations. Her only ornament was a rhinestone necklace and matching earrings, the gift of the groom.

Miss Ruth Dunsford, maid of honor, wore a mauve dress with matching accessories and a corsage of white carnations.

Mr. Roger Waddell was groomsmen.

A reception followed at the Orient Hotel, Victoria, where the dining room was decorated with pink and white streamers and bells. The bride's table had pink candles and flowers and was centred by a three-tiered wedding cake.

The bride and groom honeymooned in the Maritimes. The groom is employed with the Canadian National Railways at Borden.

Words Of The Wise

Friendship is immeasurable, we can't keep books on it. Friendship thrives simply because in generosity of mind and spirit we can sense how the other person feels.

HOUSEHOLD HINT

Occasionally give your telephone a coat of wax to eliminate finger-marks and brighten it up.

MORNING SMILE

"Only cheese for dinner tonight?" Yes dear. When the chops caught fire and fell into the tart, I had to use the soup to put the flames out.

Picture glass is best cleaned with a cloth wrung out of hot water and dipped in alcohol. Polish at once with soft cloth or chamois cloth until glass is dry and glossy.



Skates In Peru

Yvonne Brennan, 25-year-old Barina, Ont., skater, is star of the "Holiday on Ice" revue now playing in Lima, Peru. Miss Brennan,

in letters to her parents, said the 50-skater revue will appear next in Caracas, Venezuela, and may open the World Fair in Puerto Rico early this year. (CP Photo)



Christmas Setting For Summerside Bridal Vows

A Christmas setting of greenery, poinsettias and lighted candles formed the background at Trinity United Church, Summerside, on Friday, Dec. 23, 1955 at 7 p.m. for the marriage of Miss Marjorie Doreen Walfield, daughter of Mr. and Mrs. Willard Walfield, and John Robert Fraser, Preston, England.

The guest pews were marked with sprays of spruce tied with white ribbon.

Rev. C. Daniel Matheson performed the double ring ceremony and Miss Mary Gildard was organist. The soloist was the bride's grandfather, Mr. John Boates who sang "O Perfect Love" prior to the ceremony and "Happy the Home" during the signing of the register. He was accompanied on the violin by the bride's uncle, Mr. Ralph Boates.

Given in marriage by her father, the bride wore a floor-length gown of white net over satin featuring a hoop skirt with a wide insert of

of white brocade tulle featuring a hoop skirt on which was a band of scalloped lace caught with tiny daisies. She wore a matching head band of daisies and carried a basket of lace filled with holly. Flying Officer E. Lewis was best man. The ushers were Flying Officers G. M. Falkins and C. B. Fletcher. Mr. Ralph Crassman was junior usher.

The bride's mother chose for her daughter's wedding a dress of silver blue brocade satin with blush pink accessories and a corsage of pink and blue tinted carnations. A squirrel neckpiece accented her costume. Mrs. John Boates, grandmother of the bride, wore a dress of aquamarine blue with winter white accessories and a corsage of yellow carnations.

A reception followed for forty guests at Mulberry Lodge where the bride and groom were seated with a wedding cake topped by a miniature bride and groom and flanked by pink tapers in crystal holders.

Mrs. W. B. MacArthur, great aunt of the bride, and Mrs. A. E. Wedlock poured tea. Miss Areta Gamble entertained on the Piano. Rev. Matheson proposed the toast to the bride.

For travelling through the Maritimes the bride chose a rosewood wool dress with matching accessories, topped by a brown muskrat jacket and a corsage of pink carnations.

The couple will reside in Greenwood, N.S. where the groom is stationed.

The newlyweds received a horse-drawn carriage from the groom's mother in England.

HONORED

Prior to her marriage the bride was honored at a shower at the home of Mrs. Robert Holman where she received many lovely gifts. Previous to her marriage the bride was on the staff of the Allona Beauty Salon.

(Photo by D.W. Sears, Summerside.)

KEEP IN TRIM

Tricks And Treats From More Successful Reducers

By Ida Jean Kain

Sharing troubles lightens them and sharing triumphs quickens enthusiasm. This seems to apply particularly to overweight people who are struggling to reduce.

A successful Ohio reducer, who figured out an interesting and psychologically wise way to deal with "self," shares this idea with other overweighters.

"I have this hint for someone who gets into a rut. After I lost 25 pounds, I just couldn't lose any more. Finally, I gave myself a treat, something I had been wanting for a long time -- a good hamburger with all the trimmings and apple pie and ice cream. Then I got right down to business again. After all, a little treat doesn't put on the pounds -- it's the continual treat that does the harm. So now, after each five pounds of loss, I have some kind of treat -- something I really crave. It is an added inducement to me, besides the smaller dress size I get as a reward."

"To date I have lost 35 pounds since May. Although I haven't lost this past month, I haven't gained, either. It was harvest time on the farm and I had several hired men to cook for. But now that is over and I am getting back into the swing of my diet again. I really don't mind going back to work on it, as I am getting closer to dresses two sizes smaller than when I started."

Good for you! Dieters note: this wise reducer had a treat only after she earned it!

In the next letter, a triumphant reducer describes the unique way in which her husband applied psychology -- and she lost 54 pounds!

"I used to read your column and then forget it, for I thought there was no hope for me. I weighed 211 pounds... and kept on eating as usual."

Then one fine day my husband bought me a knock-knock shelf with three shelves. On the first shelf he placed a real fat figurine, and he named it after me. Well, every time I looked at it, I'd feel ashamed and I would cut down on eating. I'm happy to say I have lost 54 pounds over it, and I'm ready for a smaller figurine for the middle shelf.

"The fat figurine prodded me into starting, but without your advice on how to lose weight, I don't think I could have done it. I did."

COOK'S CORNER

BANANA MUFFINS

1 egg, well beaten
1/2 cup white sugar
1/2 cup melted shortening
1 cup mashed bananas
1 1/2 cups sifted pastry flour
1/2 tsp. baking soda
1/2 tsp. salt

Beat sugar gradually into egg, add shortening and bananas and mix well. Mix dry ingredients together, add to first mixture. Bake in greased muffin tins in 350 degree oven, about 15 minutes.

LET'S EAT

Certain Amount Of Fat Is Needed At Each Meal

By Ida Bailey Allen

"Many persons are trying to cut fat entirely from their meals," observed the Chef.

"That is a mistake," I told him, "unless they are on a special diet planned by their doctor. A reasonable amount of fat in each meal is needed, for it is an energy food that takes longer to digest than any other food and so warms off hunger."

NORMAL AMOUNT

"The normal amount of fat nat-

ural to milk, cheese or meats, the fat used in cooking, oil in salad dressing, and a pat of butter for table use at each meal, is sufficient. Greasy fried foods, fat-rich sauces and gravies, or half-cooked bacon or heavy amounts of fat on meats should not be eaten."

TOMORROW'S DINNER

Grapefruit-Halves
Lamb Shanks and Vegetables
Vegetables Marinara
All-American Pumpkin Pudding
Coffee Tea Milk

Lamb Shanks and Vegetables Marinara: Place 6 unboned lamb shanks in a large kettle. Add 2 bay leaves, 1/2 c. celery leaves, sliced peeled onion, 2 tsp. salt, 1/2 tsp. pepper, 6 sprigs parsley, and boiling water to cover.

Put on the lid; simmer-1 1/2 to 2 hrs. or until the meat is fork-tender. Strain off the broth. Cool the meat; cut from the bones. Remove the fat from the broth.

Peel and quarter 6 potatoes and slice 1 peeled onion. Then combine 1 (10 oz.) can marinara sauce, 1 can-measure water and 1-3 tsp. powdered dry mix. Boil 15 min.

Layer the meat, vegetables, sauce and 1/4 chopped parsley in an oiled 2 qt. casserole. Cover and bake 45 min. in a moderate oven, 375 deg. F. Uncover the last 10 min. to brown.

All-American Pumpkin Pudding: Mix the contents of 1 (no. 2) can pumpkin, 1 pt. milk, 2 tsp. melted butter, 1 c. fine enriched bread crumbs, 1 tsp. ground cinnamon, 1/2 tsp. ground clove 1-3 tsp. salt 1 c. brown sugar and 2 beaten egg yolks.

Beat and fold in the egg whites. Transfer to a buttered 3-pt baking dish. Stand this in a pan; pour in boiling water to a depth of 20 in.

Bake in a moderate oven, 375 deg. F. until lightly browned and

The Worship Period on the theme, (Continued on page 11)

Happenings

Wednesday afternoon, January 4, the following officers for 1956 were installed by Rev. L. M. Murray in a fitting ceremony of dedication.

Pres. Mrs. Alexander MacKay (re-elected); 1st. Vice Pres., Mrs. J. Y. MacEadyon (re-elected); 2nd. Vice Pres., Mrs. D. MacKenzie (re-elected); Treasurer, Mrs. W. C. MacLeod (re-elected); Recording Sec'y., Mrs. E. Smith; Corr. Sec'y., Mrs. Waldon Davison (re-elected); Christian Stewardship Sec'y., Mrs. W. G. Simpson (re-elected); Supply Sec'y., Mrs. George Brooks and Mrs. J. L. Davison; Citizenship Sec'y., Mrs. Harry Brown; Literature Sec'y., Mrs. Ernest MacEwen (re-elected); Associate Helpers, Mrs. Russel MacKay (re-elected); Community Friendship, Mrs. George Duggan (re-elected); Missionary Monthly and Envelopes, Miss Edna MacEwen; Sec'y. of Younger Groups and Press Sec'y., Mrs. Robert Corruthers; Pianist, Mrs. Russel MacKay; Mission Band Leaders, Mrs. L. M. Murray and Mrs. David Clark (re-elected); Baby Band Sec'y., Mrs. Roscoe Walker.

Mrs. J. Harold Shaw and Mrs. O. R. Simons entertained at a Luncheon Bridge, Thursday, at Mrs. Shaw's residence, Upper Prince Street.

Thirteen members of the staff of the Experimental Farm Wednesday completed a standard refresher course in first aid. The co-operation of Mr. R. C. Parent, superintendent, and the keen interest shown by all the group combined to make a very successful course. Mr. John Mullally, Souris was the instructor for this course. Dr. A. J. Murchison, Chairman of the Red Cross First Aid Committee commended the class for their fine work and presented seals and cards to the following members, Mr. R. C. Parent, Mr. Ernest MacMillan, Mr. Frank Gaudet, Mr. George Whitehead, Mr. Ralph MacDonald, Mr. Arthur Ballem, Mr. Bruce MacLaren, Mr. Ray Peters, Mr. Ewen Stewart, Mr. Cyrus Pickard, Mr. Keith LeFacheur, Mr. Arthur Grant, and Mr. Albert MacEwen.

The regular meeting of the XI-Alpha Exemplar Chapter of the Beta Sigma Phi was held Wednesday evening at Mrs. Ralph Jenkins' residence, North River Road. Mrs. W. A. Johnston the president conducted the program. Refreshments were served by the hostess, Mrs. Ralph Jenkins, assisted by Mrs. Lloyd Welner, Junior, and Mrs. William Beer.

Mrs. N. N. Larabee entertained at Bridge Wednesday evening at her residence, Brighton Avenue. Four tables were in play.

KENSINGTON W. M. S.

At the regular monthly meeting of the Kensington United Church Auxiliary of the W. M. S. held on

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Mary Haworth's Mail

Man Asks Help In Straightening Wife Out About Love

DEAR MARY HAWORTH: I hope you can straighten out my wife. We are the same age, 54, and have been married 33 years. We have one child, a daughter now 31.

My problem is this: I love my wife and don't hesitate to show it. I like very much to spoon with her -- as we used to say when I was a boy. I am still just as smitten with her as I was in our courtship days.

In all our 33 years of marriage my wife's weight has increased hardly at all, and to me she is more attractive and desirable than many girls less than half her age. Yet when I want to treat her as a sweetheart, she says I am only doing it to keep up her morale -- and this hurts me, for it isn't true.

WET-BLANKETS

My wife also says that we are too old for romantic love, which isn't true, because I always feel young at heart with her. At times when I express certain sentiments to her she insists they were sparkles in my mind by seeing some pretty girl. This also is untrue, because I repeat that my wife is just as attractive, if not more so, than most women half her age.

How can I convince my wife of her real magnetic quality; and of my sincerity in paying her tribute? Her pooh-poohing or disbelieving attitude takes a lot of joy out of my life. I like to hold hands with her, when walking, or at the concert or theater. I am romantic by nature. Your comment will be much appreciated. R.B.

IS IGNORANT?

DEAR R. B.: When a married man wants to be his wife's lover for life, it behooves him to learn how to make love acceptably -- that is, how to be as attractive to her as she is to him. And it seems this is a lesson you've neglected to learn.

In a ripening relationship with a good wife, who has kept in top form for 30 odd years, a really maturing husband won't be manifesting disturbed adolescent or infantile sex attitudes, after three decades of intimate association with her. Yet this appears to be your inclination, and the occasion of your disappointments nowadays.

I suspect that your wife is unconsciously dismayed, and embarrassed, by your narrow, and involuntarily put-off, by your rather narrowly insistent preoccupation with the human body -- which prompts your unresting "courtship" of her. She probably feels intuitively (and rightly) that this bias of yours is not so much a tribute to her attractiveness, or a manifesto of true love for her, as it is symptomatic of some obscure emotional distortion in your make-up, that she can't define.

LATE PROBLEM

Possibly this insatiable attitude of yours has been a source of affectionate concern to her for a good many years -- a flaw in the marriage that she hoped time might cure. And now, if you are as impetuous as ever (or maybe

firm in the center. Serve warm, plain, or with a whipped cream topping.

TRICK OF THE CHEF

Use scraped maple sugar instead of brown sugar in pumpkin pudding for a new flavor.

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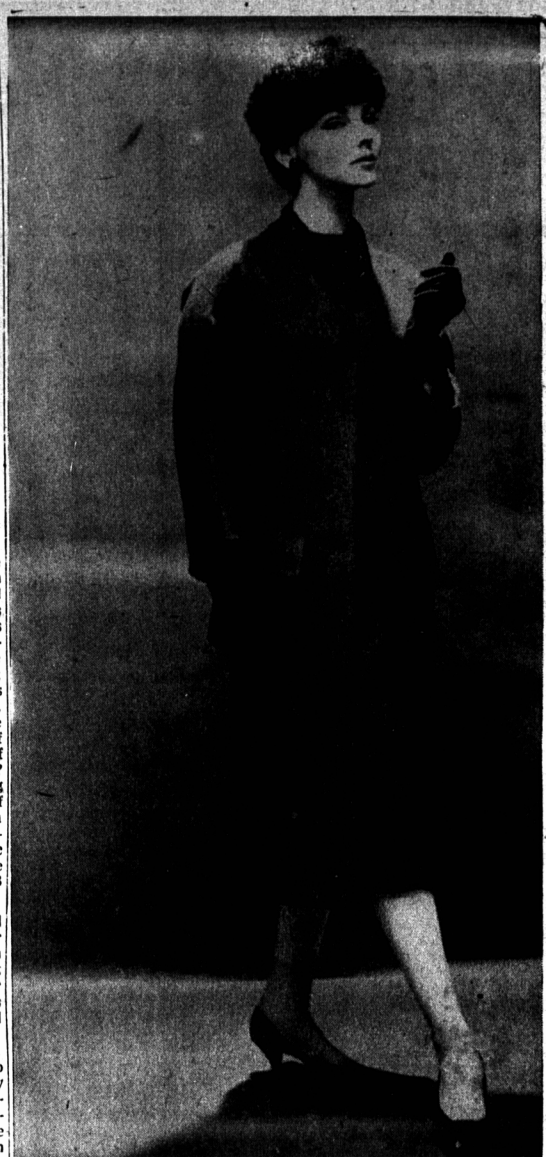
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CHEST COLDS

Believe Suffering Fast-Effectively with VICKS VAPORUB

Candlelight Wedding At Murray River

The marriage of Reta Joan, daughter of Mrs. Frederick G. Johnston, Murray River, P.E.I. and the late Mr. Frederick G. Johnston to Robert Palmer, son of Harbour, P. E. I. and the late Capt. Mrs. Milton Chapman, Murray River, took place at 5 p.m., on Saturday, December 10, at the home of the bride.

Rev. Mr. Carl Currie officiated at the double ring ceremony.

The wedding music was played by Mrs. Louis Herring, sister of the groom. Mrs. Silas MacKay, sister of the groom, sang "O Perfect Love" during the ceremony, and "I'll Walk Beside You" during the signing of the register.

The bride, given in marriage by her brother, Mr. Emerson K. Johnston, chose a floor-length original gown of nylon tulle illusion appliqued with lace over satin, fashioned on princess lines and off the shoulder neckline. Her gown was topped by a matching lace bolero jacket with long sleeves tapering to points over the wrists. A pearl studded pillbox style hat held her fingertip veil of tulle illusion and her bouquet was a cascade of better. True roses. She wore a single strand of pearls, the gift of the groom.

Mrs. Emerson K. Johnston attended the bride, wearing a floor-length gown of shirring net over tulle with fitted bodice and full skirt with lace inserts. Her gown was topped by a matching lace bolero jacket with matching gloves and headress, and carried a nosegay of yellow roses.

Peanut Butter Pinwheel Loaf

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 1/2 c. once-sifted all-purpose flour), 5 1/2 tps. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 tbs. chilled shortening. Combine 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 1/2" along one side. Cream together 1 tbs. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

Magic Baking Powder

Always Dependable