



TORONTO WEDDING

Mr. and Mrs. Richard P. De Lory and their attendants are pictured above. Mr. and Mrs. De Lory's marriage took place recently at St. Theresa's Roman Catholic Church, Toronto, Ontario. Their attendants were Miss Shirley MacAuley and Mr. Culven De Lory.

KEEP IN TRIM

Progress Report From Jean

By IDA JEAN KAIN
The heartening story of the young woman who is reducing a tremendous amount of weight is continued in today's column. This is the progress report from Jean that we have been eager to receive.
For those readers who did not see the first stories, Jean's unusual weight gain dates back to childhood when she had St. Vitus' Dance and was put on an enforced gaining program. On April 6, our dieter weighed 410 pounds. Now Jean has passed her first major milestone—102 pounds off. That's a real victory, but let her tell you.
"I've lost 102 pounds. Every time I write that 102, I find it almost unbelievable, after wanting to lose weight for so long and not having the courage to start! At last it is happening! Both mentally and healthwise these past six months have been much better than I ever expected. Thank you from the bottom of my heart for your help and encouragement."
"My wonderful family have backed me all the way. They never try to get me off the course or suggest that I forget the diet. They go out of their way to be helpful. This proves they want a new sister as much as I want a new life."
GRATEFUL MEMBER
"The TOPS Club members have strengthened my morale. I shall be forever grateful. Also sincere thanks to your readers for their encouraging letters."
"With this report of my 102 pound loss, here are my old and new measurements. Bust, from 60 to 43; waist, from 60 to 50; hips, from 65 to 57. Present weight 308. I hope you are happy about my progress."
Hallelujah! How heartening that this young woman has the faith to go resolutely ahead and take off a mountain of weight and make herself a new life. She reports to her doctor every second week. She eats three adequate meals a day, but skips fats and rich foods. She takes a multiple vitamin twice daily.
Jean continues to visualize herself slimming down and gives this picture of her mind each night on the edge of sleep. Then the next day she acts to make her dream come true.
This reducer realizes that in her case the first 100 pounds off were the easiest and she knows there will be times in the many months ahead when the going will be tough. But this young woman has resolute courage. She is determined that with God's help she can reach ideal weight directly from the loyal support of her wonderful family and the friendly interest of the TOPS Club members play no small part in Jean's triumphant progress. Encouragement from you readers helps too. We're all cheering for you, Jean. Our next progress report will be in January.

LET'S EAT

Elegant Pear Desserts

By IDA BAILEY ALLEN
"This can of pears is an excellent buy," observed the Chef, as he took a No. 2 1/2 can from his shopping bag.
"The pears should not be served at room temperature directly from the can," he continued, "because they are more delicious when chilled and because almost any food that goes directly from the can to the table does not look important."
"The pear is a delightful fruit, whether fresh or canned, and it deserves good presentation."
HALF-FROZEN PEARS
"I like to serve half-frozen canned pears with a little of the half-frozen liquid in deep glass dessert dishes," the Chef said, "with a spoonful of frozen orange concentrate and a slice of lemon for the garnish."
"My favorite dishes are clear hobbins glass. A good facsimile, at a nickel a piece, can be found at the dime store."
"And I like to make canned pears the center of a fruit compote, which always means a collection of at least three fruits," remarked the Chef.
"For example, Madame, imagine one chilled canned pear half, rounded side up in a shallow green glass dessert dish, also from the dime store. Add a little pear liquid. At the other end, put two beautiful prunes rolled in chopped walnuts; at the other end, a small cluster of flaming red Tokay grapes. In between, put some cut-out orange sections."
"In a good hotel, this famous compote would cost 75 cents. At home, it costs only a fourth as much."
Tomorrow's dinner: Celery soup diced beef in green pepper gravy on crusty biscuit squares; butter onions; cold slaw; spiced pear compote or snowflakes; coffee, tea or milk.
All measurements are level recipes proportioned to serve 4 to 6.
Snowflakes, Old-Time European Christmas Cookies: Sift together 1 1/2 c. already sifted enriched flour, 2 tbs. sugar and 1/4 tsp. salt. Stir in the fine-grated rind 1 lemon. Add 3 tbs. butter or margarine and chop in with a pastry blender.
Add 1 whole egg and 1 egg yolk, beaten light. Stir in 2 tbs. cream or undiluted evaporated milk and 3 tbs. water.
Knead lightly until the dough sticks together and is the consistency of pie crust. If necessary, add 2 extra tbs. flour. Roll on a floured surface to a very thin sheet. Cut into oblong strips 4 x 1 1/2 in. slash each strip in 3 places. Meantime, heat deep vegetable fat to 375 degrees F. or until a 1/2 in. cube of bread will brown in 1 min.
Drop in the pastry strips. Fry

HOUSEHOLD HINT

After washing a blanket in soap or detergent suds, according to directions, hang it to dry over parallel lines set two or three feet apart. When dry, brush it lightly on both sides with a stiff brush. This extra finishing touch restores the blanket's fluffiness and warmth.

COOK'S CORNER

BANANA NUT LOAF
2 1/2 cups sifted cake flour
2 tsp. baking powder
1/4 tsp. baking soda
3/4 tsp. salt
1/2 cup shortening
1 cup granulated sugar
2 eggs
1/2 cup chopped nuts
1 tsp. vanilla
1 cup mashed bananas (2 to 3) 2 tbs. milk
Use ripe bananas. Preheat oven to 350 deg. F. Grease a loaf pan well. Sift dry ingredients together. Beat shortening until creamy and gradually blend in sugar. Add eggs one at a time beating well after each addition. Add nuts and vanilla and beat well. Add flour mixture alternately with bananas and milk, beating after each addition until batter is smooth. Spread batter in prepared pan and bake in moderate oven for 55 minutes.

TROUBLE WAS RELATIVE

SANTA MONICA, Calif. (AP)—Voodoo rites helped break up the marriage of the one-time "singing sweethearts of radio," according to Mrs. Victoria M. Kelvin, 32. She charged cruelty Wednesday in her divorce action against John Kelvin, 50, and said that he stuck pins in dolls named after her relatives. Kelvin and his wife were wed in 1944, when they were a radio singing team.

MARY HAWORTH

Soldier Needs Expert Advice

Dear Mary Haworth: I am 23, a college graduate, now in the Army; and as this is a very lonely place, it is easy to make mistakes here that you don't make in a Christian atmosphere. I have been at my wits' end for weeks, trying to find the answer to my problem, and today I ran across your column. I hope you can help me.
To get to the point, a girl with whom I had an affair in high school paid me a visit recently. I had received a letter from her three weeks earlier, asking many questions and stating that if I were still single, she'd like to see me.
I hadn't seen her for two years, prior to this letter, and she never entered my mind in the meantime. I replied that I would be glad to see her, but I certainly didn't expect her to show up—yet she drove several hundred miles to get here, without any specific encouragement from me.
IN TROUBLE
We never expressed any love for each other and I certainly don't love her now, but in the wake of this visit, she writes that she is expecting a child. I don't know if I am responsible or not, but I can't bear the thought of my child being brought up in an orphanage, nor can I bear the thought of giving my name to a child not my own.
I realize I am to blame, but there is little consolation in that. I have made a terrible mistake and I am paying for it in grief. I don't have a father to discuss things with, and my mother has her own problems. You are my only confidante.
Before I met her, I went with Joyce (I'll call her) in my high school days. I knew of her bad reputation, but it was part of her fascination for me then. What should I do? Marry her and continue to wonder? Or ignore her and worry that my child is being neglected due to my selfishness? I know that for me, marriage based on trust isn't possible with this woman. Your advice will be appreciated. P.V.

NOT AGGRESSOR

Dear P.V.: As for your deplorable mistake in this situation, evidence indicates that you were more sinned against than sinning. The girl was not casting about for help, and the pattern of her pursuit suggests that she may have been setting a trap for you. It seems possible, indeed, that she was already pregnant (and knew it) even before she came to see you.
The fact that she prefaced her recent visit with a questionnaire-type letter, to get a line on your circumstances and status, and that she promptly involved you in a renewal of intimacy, on learning that you are still single—driving hundreds of miles to accomplish this—suggests that she may have been casting about for help, at the time.
Assuming she was already in trouble, due to casual promiscuity, she may have thought it was high time to get married to somebody, if possible; and maybe she remembered you, as a conscientious, vulnerable lad, who might be fessed into taking responsibility for her condition.
Or there is the alternate possibility that she wasn't pregnant on arrival, but had this aim in mind, as part of a campaign to stampede you into marriage, simply because she wanted to be a wife, for a change.

GET GUIDANCE

In view of her longstanding "bad" reputation and her intermittent misconduct with you—which neither has ever labeled love—the above speculations seem relevant. Perhaps it is more her misfortune that her fault that she is amoral, opportunistic and frigidly unfeeling in her quest for security, (one gathers).
As for what to do, you need first-hand help in getting down to cases about Joyce, and determining your duty (if any) to her. My advice is to talk things over with specialists in human relations at the Army post. Try your chaplain or a professional counsellor at the Red Cross Station, or an Army psychiatrist. It's part of their job to help a soldier find the right answer to a puzzle like this. M.H.

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Dear Mary Haworth: I am 23, a college graduate, now in the Army; and as this is a very lonely place, it is easy to make mistakes here that you don't make in a Christian atmosphere. I have been at my wits' end for weeks, trying to find the answer to my problem, and today I ran across your column. I hope you can help me.
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HAPPENINGS

Mr. and Mrs. J. H. Hill left Thursday morning to spend Christmas and New Year's with their family in Ottawa. Mr. and Mrs. Hill in Toronto. Miss Marjorie Hill who is in Ottawa will join the family in Toronto for Christmas.
Dr. Harry Hooper of Lynn, Mass. is spending Christmas and New Year's with Mr. and Mrs. J. Frank Hobbs and Mr. and Mrs. George R. Hooper.
Mr. Jim MacNeill, medical student at Dalhousie University, and Donald MacNeill, students in pharmacy, will arrive from Halifax this week to spend the festive season with their parents, Dr. and Mrs. Donald MacNeill.
Mr. and Mrs. Pete C. Kelly, and son Peter, arrive Friday to spend Christmas and New Year's with their parents, Mr. and Mrs. J. Frank Hobbs.
Mr. Jackie Chandler, third year student at Macdonald Agricultural College, Quebec, is expected home this week, to spend the Christmas holidays with his parents in Wheatley River.
Edgell students arriving to spend the holidays at home are the Misses Elizabeth Horne, Betty Houston, Marian Clarke and Patsy Shaw.

WOMEN

Lena Caroline MacLure, Women's Editor. Phone 8506
Page 8, The Guardian Friday, Dec. 21, 1956

WHEATLEY RIVER W.I.

The December meeting of the Wheatley River, W.I. met at the home of Mrs. Harry Ling. The new president presided and opened the meeting with "White Shepherds" which was followed by "Night," followed by the Mary Stewart Collection.
Roll call was answered by 10 members paying their dues. Minutes of last meeting were read and approved. Business arising out of the minutes was as follows.
Secretary reported purchasing a stove for the new kitchen in the hall. She also got a bottle of Cod Liver Oil capsules which were distributed among the members. The first Aid refresher course which is to be held in the near future, as soon as convenient for members and the Instructor, Mrs. Blair Andrew, was discussed.
The school committee reported a display board was needed. New committees, School, Mrs. Cora Ling and Mrs. Preston Rackham; Sick, Mrs. Walter Ling and Mrs. Harold Chandler, Lunch, Mrs. John Ross, Mrs. Preston Rackham and Mrs. Walter Ling Program, Mrs. Walter Ling. Correspondence was read and Institute News distributed.

A letter was read from the T. B. League. It was moved by Mrs. Fred MacRae and seconded by Mrs. Preston Rackham, that \$5 be sent for T.B. Bond. It was decided to send to the Red Cross for knitting and sewing.
It was moved and seconded that the teachers be given \$2 for a Christmas treat for the school children. Also it was decided that each family make 3 lbs. of sugar into candy, to be sold at the Christmas concert. Members are to take their donations for the Orphanage to the January meeting, others to be contacted.
At the January meeting to be held at the home of Mrs. Harold Buntain, there is to be a "Fishing Pond" articles of 25 cents value. Roll call to be "My Most Embarrassing Moment." Meeting closed with the "Queen." Refreshments were served by the hostess assisted by the committee in charge. A contest followed and was won by Mrs. Harold Buntain and Mrs. Fred MacRae.

VERNON W.I.

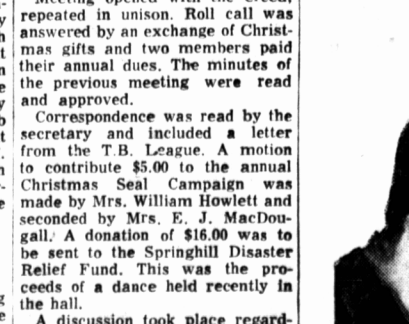
The ladies of the Vernon Women's Institute met for their Christmas meeting at the home of Mrs. Wilfred and Lloyd Furness, on Monday December 3, with an attendance of 9 members and 1 visitor.
Meeting opened with the creed, repeated in unison. Roll call was answered by an exchange of Christmas gifts and two members paid their annual dues. The minutes of the previous meeting were read and approved.
Correspondence was read by the secretary and included a letter from the T. B. League. A motion to contribute \$5.00 to the annual Christmas Seal Campaign was made by Mrs. William Howlett and seconded by Mrs. E. J. MacDougall. A donation of \$16.00 was to be sent to the Springhill Disaster Relief Fund. This was the proceeds of a dance held recently in the hall.
A discussion took place regarding...

SPRING BROOK W.I.

The December meeting of Spring Brook W.I. was held at the home of Mrs. Horace Meek with an attendance of 12 members present.
The meeting was presided over by the new president, Mrs. Arnold Meek, opened by the singing of the Institute Ode, followed by repeating the Collect in unison. Roll call was answered by an exchange of Christmas gifts.
Minutes of approved. Correspondence were read and discussed. It was moved and seconded that \$5 be sent to the T.B. League and \$5 to the orphanage to buy Christmas gifts. It was agreed by motion that \$5 be sent to the Jubilee endowment fund.
The secretary was appointed to buy Christmas treats for sick and shut-ins, school children and pre-school age children in the district. The Red Cross Convener was asked to send for sewing and knitting to be done during the winter months. Sick committee reported two treats had been sent to people who had been ill. Two thank-you notes were read.
The secretary reported \$16.25 were the proceeds from the card party which had been held at the home of Mr. and Mrs. Roland Paynter. The secretary gave a good report on the leadership course which she had attended in Kensington. Collection for the evening amounted to \$1.70.
Next meeting to be held at the home of Mrs. Elmer Paynter. Roll call to be answered by passing in an article for a grab bag. Meeting adjourned and Mrs. Isaac Johnsonore put on a contest with the prize going to Mrs. Dan MacKay. Lunch was served by the hostess assisted by committee in charge.

TASTY-TOONS

BY STEWART'S
Jar been emptied?
Don't be suspicious
Our baked goods are
Too darn delicious.
There's no denying the kiddies when Stewart's specials are around, and the rest of the family too!



KINKORA SCHOOL

Following is the report of Kinkora School for the month of November.
Grade X. 1. Kevin Curley, 2. Joanne Farmer, 3. Ida Delaney, and Marie McCabe. (equal).
Grade IX. 1. Betty Melver, 2. Garth McCarville, 3. Elizabeth Duffy.
Grade VIII. 1. Catherine Dugdy, 2. Monja Salome, 3. Neville Lawless.
Grade VII. 1. Lorna McCarville, 2. Jeannine McCabe, 3. Susan Salome.
Grade VI. 1. Lois McMahon, 2. Martina McMahon, 3. Noreen Connick.
Grade V. 1. Eric Richards, 2. John Keefe, 3. Stanton Lawless.
Grade IV. 1. Janet Shea, 2. Donald Lawless, 3. Karin Salome.
Grade III. 1. Joseph Lawless, 2. Carolyn Duffy, Elizabeth McCarville, Anne LeBlanc, 3. Margaret Keefe, Austin Johnston, Leonard Keefe.
Grade II. 1. Joan Richards, 2. Colleen Keefe, 3. Sandra McMahon.
Grade I. 1. Paulette Mulligan, 2. Barry Shea, 3. Sheila Lawless.

BALTIC W.I.

On Monday evening, December 3, 1956, Mrs. George Riley entertained the members of Baltic Institute. The meeting opened by singing the "Ode" and repeating the Creed in unison. Roll call was answered by six members exchanging Christmas gifts.
The minutes of the last meeting were read and approved. It was moved and seconded that the following bills be paid. Sick treats 50 cents, Toilet tissue 75 cents, postage 28 cents, tuberculosis expenses, \$1.25.
Correspondence was read by secretary and the Institute news was distributed. School committee reported nothing needed. It was decided to sell candy and apples at the Christmas concert.
After the different committees gave their reports Mrs. Isaac Dunbar read a letter from a pen pal in Australia.
Mrs. Arthur Rennie invited members to her home for next meeting. Lunch was served by hostess assisted by committee in charge.

ALMA W.I.

The December meeting of Alma W.I. was held at the home of Mrs. John P. Wallace. Roll call was answered by an exchange of Christmas gifts.
After the different committees gave their reports Mrs. Isaac Dunbar read a letter from a pen pal in Australia.
Mrs. Arthur Rennie invited members to her home for next meeting. Lunch was served by hostess assisted by committee in charge.

ELEANOR ROSS

Make A Holiday Snowman

By ELEANOR ROSS
Now's the time for that home workshop to really buzz with excitement. It's time, too, for every member of the family to pitch in and help the menfolk on holiday projects. A stand for the tree, star-holders for candles and other ornaments, bases for decorations—all these and many more items can be turned out even by the beginner.
If the lawn decorations include a great big snowman, why, that's easy for the home workshop. A saber saw or keyhole saw, plenty of plywood, black paint, flat white primer paint and brushes will take care of the job. Then, of course, add an old hat, a scarf and a room for dressing up the creation!

TRACE DESIGN

The chest and abdomen circles should overlap a bit. The design should be traced carefully on plywood, then cut with a saw. A board or stick should be nailed in back for support.
Paint the figure white and use black paint for the grinning mouth, eyes, nose and buttons. You may wish to use green and red paint in holiday fashion.

HAMILTON W.I.

The regular monthly meeting of Hamilton W.I. was held at the home of Mrs. Everett and Mrs. Alton Ramsay on Dec. 4th, with an attendance of 11 members and one visitor.
The meeting opened by the members singing "Jingle Bells" and repeating the Creed in unison. It was moved and seconded that Mrs. David Ramsay be 2nd Vice-President.
The committees gave their reports. Finance reported re Legion supper. Sick committee sent 2 bills of \$3.15 for books purchased for school. On motion it was decided that Institute work in conjunction with the Hall Committee be read and discussed. It was moved by Mrs. Neil Simpson, seconded by Mrs.

DAVID RAMSAY

David Ramsay, that instead of donating to charities abroad money be spent locally to hospital, school and hall. Several members volunteered to make out the Institute Program for 1957.
It was moved and seconded that it be voted at each meeting to whom to send sick treats. 10 shut-ins are to be remembered at Christmas. Due to possible bad roads and the busy season it was decided not to participate in the Shur-Gain concert at Sea View.
Next meeting is to be held at the home of Mrs. Heber Pickering. (Jan. 8th) Christmas gifts were exchanged among the members. There was no program due to the lateness of the hour when the business was finished. Meeting adjourned and lunch was served by the hostesses assisted by the committee.

MORNING SMILE

"So sorry, Inspector, I'm afraid my dog has eaten my ticket!"
"Then, madam, I suggest you buy him a second helping."

WON'T CONVICT

BRAMPTON, Ont. (CP)—Police Chief Garnet McGill of Toronto Township told a safety meeting here Tuesday that juries are reluctant to convict people of manslaughter charges in traffic deaths. He said many jurors look at the prisoner and think "There but for the grace of God go I," and they won't convict.

WIFE PRESERVERS

If you have trouble in locating your contour sheets from the regular type, put them on different shelves, the contour sheets on one shelf, the others on another.