RECEIVES BOUQUET

Cpl. Douglas Kitson, 5th Signals Regiment, presents Mrs. F.S. Jenkins with a bouquet of roses at the turn over parade held at the Charlottetown Armouries Monday evening when Lt.-Col F.S. Jenkins, former commander of the unit was succeeded by Lt.-Col. Ernest McCarey.

Women

Helen A. MacDonald, Women's Editor, Phone 4-8206

HAPPENINGS

A number of boys from the senior Sunday School of Trinity United Church are this week collecting men's used clothing in good condition for an apparel shop which is to be opened at Riverside Hospital. Anyone who may not have been contacted and who would like to donate to this worthy cause may call the Women's Editor, Guardian-Patriot.

Mrs. Frank MacKinnon left Monday by plane for Ottawa to attend the awards dinner Tuesday evening at Ottawa. En route home Mrs. MacKinnon will spend some time in Montreal where she will be the guest of her parents.

Mr. Montague (Monty) Warren observed his 91st birthday at the home of his son John Warren, and Mrs. Warren Charlottetown, Tuesday evening. Among the 50 guests who gathered for the occasion was his sister Miss Nettie Warren, Truro, N.S., whose visit was a complete surprise. Many individual gifts were presented to Mr. Warren on the auspicious occasion.

Premier Walter R. Shaw and Mrs. Shaw left Monday for Ottawa to attend the dinner when award for the winning Fathers of Confederation Memorial Building was presented. Also attending from Charlottetown was J. David Stewart.

The Kensington Lionettes held their regular meeting on Thursday evening, Jan. 25, at Svend's Inn. Lionette Mrs. Thelma Ramsay presided in the absence of the president.

Business included plans for a Valentine Tea to be held at Svend's Inn on Wednesday, February 14.

It was decided to hold the regular meetings in the homes, and Lionette Mrs. Jean Moore invited the members for the next meeting.

A committee from the Lion's Club attended this meeting for the purpose of discussing the building of a community center. A committee was appointed to give the matter further consideration.

Lunch was served by Mrs. Jonsson.

Mrs. Lloyd Patriquin (nee Pearl Young), St. John, N.B., is visiting her parents, Mr. and Mrs. Forden Young, City.

Mr. and Mrs. Walter Leard, Bedeque, have returned from a extended visit to Barrie, Ont., where they were guests of their daughter, Mrs. Gerald Williams, and family.

Mr. and Mrs. W.J. Reid, Middleton have returned home from Toronto, where they spent some time visiting relatives and friends.

Mr. and Mrs. Louis Muttart, are spending several weeks in Toronto, Ont.

Mr. George Rogers, Chelton, who was a patient in Prince County Hospital returned home recently.

Mrs. Ralph Campbell, Fernwood, is undergoing treatment in the Prince County Hospital.

Mr. and Mrs. John Myers, Carleton Siding, left last week for Halifax where they will be guests of Mr. Myers' sister, Mrs. Ralph B. MacCaull and Mr. MacCaull and family.

HAM—MACARONI—CHEESE

Careful Measuring Pays Dividends In Better Results

"Luck doesn't control cooking," I remarked to the Chef.

"Most certainly not," he agreed. "Good results depend on a complete understanding of the recipe, the right cooking temperatures—both top-of-range and the oven—and, above all, on accurate measurements.

"A set of standard glass, look-through, heat-proof measuring cups should be in every kitchen," I added. "A quart pitcher cup, a half-pint straight-edge cup for the measuring of dry ingredients and fats, a pint pitcher cup and a half-pint pitcher cup for smaller amounts of liquid.

USE FOR MIXING

"It is often possible to beat the eggs, then mix pancake or other thin batters in the quart or pint-size cup for easy pouring onto the griddle."

In the test kitchen we hang a complete set of measuring cups along the white wall above our red counter top. Very decorative.

They also make a welcome shower gift or useful wedding present to prospective brides."

TOMORROW'S DINNER

Oyster Stew Crackers Celery
Ham-Macaroni-Cheese Bake
Brussels Sprouts with Chick Peas
Spiced Grapes
Cling Peach Crisp
Coffee Tea Milk
Measurements level; recipes for 6.

HAM—MACARONI—CHEESE BAKE

2 c. high protein elbow macaroni
2½ c. heated milk
¾ tsp. salt
¼ tsp. pepper
1 tsp. grated onion
1¾ tbsp. flour
1 c. small-diced sharp Cheddar cheese
1-3 c. butter or margarine
1½ c. small-diced ham (cooked or canned)
½ c. seasoned dry bread crumbs

Cook macaroni until almost tender, following pkg. directions. Drain.

Heat milk in double-boiler; mix together salt, pepper, flour, cheese and half the butter; stir in.

Cook, stirring often, until cheese melts.

Arrange macaroni in layers in buttered, long baking dish alternately with ham and cheese sauce. Top with crumbs mixed with remaining butter.

Bake 25 min. or until browned in mod. oven, 350 F.

BRUSSELS SPROUTS WITH CHICK PEAS

1 (10½ oz.) pkg. frozen Brussels sprouts
1 c. drained canned chick peas
1 tbsp. butter or margarine
1 tbsp. minced parsley

Cook Brussels sprouts according to pkg. directions. Heat chick peas and butter together. Toss into sprouts.

Serve very hot dusted with parsley.

SPICED GRAPES

2 c. Ribier grapes
1 c. sugar
1 c. water
½ c. cider vinegar
1 stick cinnamon
¼ tsp. each whole cloves and allspice

Wash grapes, drain, pick each once with a big pin and place in 1-qt. jar or bowl. Combine sugar, water, vinegar and spices. Bring to boiling point; boil 2 min.; pour over grapes.

Cool, cover and refrigerate at least 48 hours. before using. Serve with meats or poultry. Makes 2 c.

NEWS FROM THE CHEF

We find the heat-and-freeze-proof glass ceramic ware not only time-saving but tres charmante.

Latest additions include a broil-and-serve platter and a 3-quart oven-to-table roaster that make a grand entrance.

No Distinctive Canadian Dish Restaurant Ass'n Head Says

TORONTO (CP) — Ernie Edwards, who sells food for business and eats it for a hobby, says, after a good deal of research, that "there is no such thing as a distinctive Canadian dish."

As president of the Canadian Restaurant Association he says it doesn't much matter. There are more important things to think about.

"We're interested, not in Canadian dishes, exotic dishes or regional dishes, but in good, well-seasoned food."

Mr. Edwards, from Halifax, is well-travelled and well-eaten. In his travels across North America and through Europe, he has collected more than 700 menus, containing almost as many aliases for hamburger.

The payoff came in Boston where he paid $6 for "chopped tender bits of tenderloin, etc."

"That's hamburger," he said.

STANDARDS RISING

While Canada may not have a distinctive dish, he is encouraged by the rising standards of restaurants in the country. "So help me," he said, "we're away ahead of those in the United States."

And as for France: " . . . Remember that French cooking is based on sauces which they developed in the first place to hide the tainted meat."

Mr. Edwards says he doesn't go for fancy names to hide familiar dishes.

Where Canadian restaurants shine over their American counterparts, he says, is in service. "Good service, unobtrusive and pleasant, is part of good dining, and we have that in this country."

He suggests that the attempt to create a distinctively Canadian cuisine is nothing more than a semantic gambit.

Highfield UCW Names Officers At Meeting

HIGHFIELD — The Highfield United Church Women held their organization meeting Jan. 23, in the church vestry. Rev. G. G. Wyrwas acting as chairman opened the meeting with prayer and outlined the nature of the new organization and urged all to study and pray. The executive of the United Church women is as follows: Honorary president, Mrs. Stillman Frizzell; president, Mrs. W. C. Ranahan; vice - president, Mrs. Roland Sellick; recording secretary, Mrs. Stanley Hurry; corresponding secretary, Mrs. Charles MacArthur; treasurer, Mrs. D. O. Clark.

The committee conveners were appointed as follows: community friendship and visitation, Mrs. John Weeks, Mrs. Raymond Weeks, Mrs. Jack Bellmanse, Mrs. Irving Frizzell, Mrs. Frank Thomson; membership, Mrs. James Good; finance, Mrs. W. B. Creed; social function, Mrs. Clayton Steveson; program, Mrs. Jack Thomson; press and publicity, Mrs. Stillman Frizzell; nominations, Mrs. Roland Sellick.

The newly appointed officers were installed at the Sunday evening service.

HOUSEHOLD HINT

Select pedal pushers and slacks carefully so they will match the available collection of blouses and sweaters you and the children already have.

Before regluing a piece of furniture, it is important to remove all old glue.

ELLEN'S DIARY

January Has Been Kind In Ways Of Wintry Weather

Despite our suspicions to the contrary, January, name sake of Janus, god of gates and doors, is pleased to give Island folks delightful winter days. He continues to set his stars to shine, and the moon to climb the blue stairway above the quiet fields.

Or is January a maiden? A princess perhaps, out of some fairytale, golden-haired, and wearing on those tresses a tiara which beautifully gleams? Indeed were there ever such jewels as those which sparkle in the moonlight and sun? Robed in white, she is— a bluish-white we think, her sweeping gown showing the tips of her silver shoes as she walks the silent paths that are hers. The wide scarf about her shoulders is of maribou, woven of the same substance as are the first snowflakes which fall softly against the dying year's bed.

A lovely miss—she. She walks light-footed, pausing at times we fancy to listen to the sounds about: the echoes which reach into the season's quiet. Like, it comes to mind sometimes, remembered peals of far- away bells. She hears the wind sighing in the dark firs, keening quietly over many a loss of time and place And she nods thoughtfully, and smiles, and goes on her way. So she walks along hill and dale—has walked up to— our thoughts go ahead——this night, when her farewell is being said.

And what is this parting at Alderlea but a crackling woodfire and a singing kettle; a "golden" teapot brewing pleasantly, and a pair at the table intent on their pre-bedtime lunch?

One, a visitor, chose to make sandwiches of the bread, the filling: pieces of mackerel left from our supper-dish. It will perhaps give him lovely dreams taking him off to a summer-shore where waves break gently on the warm sands. He will notice the dart of the cliff swallows' wings to and from their nests of clay, and hear the gulls' strident calls down the bay. He will see the sheen of the sun on the breast of the water, leading off to that far end of the world where the blue of sea and sky meet. He will catch that tang of the light breeze. And quiet forget that time is ever marked in "figures on a dial."

James, wary of his dreams, chose ligher farming at first. And then, smilingly declaring himself to have "little will-power, actually", though we have long since disproved the truth of this assertion, succumbed too to the lure of the fish. They chatted.

"Our sawing has been at a standstill of late" James observed. "We just can't seem to get round to it."

"This would be good weather for it" the other remarked.

"Yes, good, indeed—too good to be missing" James sighed.

"Coming too to a busier time."

"Yes, there'll be young stock arriving" James nodded.

"And" the other smiled "snow to clear away!"

"We may expect that. But from this day of the year, the winter can't be long."

There is a silence now at the table.

"There never was a better January" the guest offers into the quiet.

"Never" James agrees. "It was remarkable—Ellen" he says at a thought. "Stir yourself! Come, pour us a bit more tea!"

Until tomorrow — Diary — Good-night.

CGIT Fellowship Is Conducted At New Glasgow

KENSINGTON — The Malpeque - New Glasgow area CGIT Fellowship was held at the home of Mrs. Blair Andrew, New Glasgow on Jan. 22 with 12 members in attendance. The worship service was conducted by the hostess, assisted by Mrs. Blois Dickieson.

Discussion took place on the program for Christian Youth week which is being held from Jan. 28 to Feb. 4. In connection with Youth week, it was decided that the minister in charge of morning devotions on radio CJRW for that week be asked to do a special series about youth. Mrs. Blois Dickieson and Mrs. Beryl Craswell were appointed as delegates to contact Mrs. Helen MacDonald regarding CGIT girls being interviewed during Christian Youth week on radio or television.

It was voted that part of the money in the fund be used to buy books for leaders. Mrs. Robert Carruthers and Mrs. Claude Hogg were appointed as a committee to choose the books and Mrs. Hogg was also appointed as Librarian.

The next meeting is to be held at the home of Mrs. Harland Day, Norboro, on Feb. 19; leader of the devotional and chairman will be miss Elsie Mayne; leader of the Study Book will be Mrs. Stirling Campbell.

Following the business period, Miss Elsie Mayne presented "Youth and the Home", a chapter from the study book entitled "Toward the Understanding of Youth", and it was discussed by the group.

Leaders present were — Mrs. Carruthers, Mrs. Claude Hogg, Mrs. Donald Glover, Miss Dorothy MacKenzie, from Kensington; Miss Elsie Mayne, Summerfield; Mrs. Denton Hogg and Mrs. Elmer Caseley, Malpeque; Mrs. MacLeod and Mrs. Campbell, Breadalbane; Mrs. Craswell, Hunter's River; Mrs. Andrews and Mrs. Dickieson, New Glasgow.

MARY HAWORTH

Retired Spouse Upsets Daily Routine In Home

Dear Mary Haworth: Since my husband retired in September my whole routine seems upset. Chores I used to do with pep are a burden now. Even cooking, which I once enjoyed seems pointless as he eats little.

I am an early riser and he sleeps late. Mostly I have breakfast alone and so does he. Lunch has become our main meal, but I am exhausted before serving it—worn out by the morning work.

He and I are both 69. We are receiving social security benefits. We have a son and daughter, married, and five grandchildren. We live in a residential development consisting mostly of young families. Our son and his family are nearby. We have a ranch house on a third acre of land.

I have been trying to make our home pleasant and livable but can't find contentment in this. My husband takes care of the outside work in good weather. He has business associates, but my friends are either deceased or far away. I have been trying to hire help but this is quite a problem out here.

I go to church regularly and find relaxation there, but not at home. My husband rarely goes. I enjoy movies but he doesn't and they aren't to our liking at present. I enjoy walking but we only go to the local shopping center.

I play the piano but have lost interest in music. We have four radios, two TV sets, a recorder and a piano. Any suggestions you can give for reviving my spirits will be greatly appreciated. C.Y.

Dea. C.Y.: There was a certain pattern, point and purpose to your days, before your husband retired, simply because he spent his working time out in the world and returned home at night.

This evening encounter and renewed of campionship was the keystone event of your daily routine, towards which you worked and planned zestfully.

Now that he is on your hands, so to speak, around the clock, you feel as if the days have no driving incentive, no beckoning goal. Living has become a kind of weary struggle with heavy stagnation.

Well, I won't try to argue that it isn't so. Unfortunately, it is a fact. But of course you can change this, by drafting a new pattern and new purposes. That is the inescapable challenge of retirement years.

For advice: Now that your husband's work is no longer a bridge between your homebody life and the outside world, you'll have to construct your own inter-communication system with the main stream of humanity.

As a first step, have a through medical check-up by a first rate diagnostician, to explore whether your recent weariness and waning morale are linked to obscure physical disorders that might become serious if neglected.

If your health is sound, get systematic part-time work outside the home. You might hire out, afternoons or evenings, as a baby sitter—not so much for money (which I gather you don't need) as for the privilege of sharing experience with the rising generations in your community.

Or, as you live within walking distance of the community shopping center, you might find employment there — morning, afternoon or evening—as sales clerk, stock clerk or cashier.

As you know music, play the piano and have leisure to spare, look for opportunities to contribute your music-making skill How about the church choir? Or community recreation center? Perhaps there is a theatre group or a children's excerise class that would appreciate your volunteer help as pianist.

As you have a roomy house and grounds, make it a place of hospitality. Affiliate with a Sunday School class, or a sewing circle, or a prayer group or a political study club (or all of these) and regularly invite the group to a dutch-treat supper, picnic or the like at your house.

In short, get in the swim. You'll have to work hard and purposefully to succees in this. But in the doing, you'll be brought out of yourself and will discover that once again your rising and retiring make sense.

M.H.

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

NO DOGS

OTTAWA (CP) — A dog sled derby without dogs will be a highlight of the University of Ottawa's winter carnival which opens Thursday. Students will haul the sleds in two competitions to be run off during the four-day carnival.

WOMEN'S ORGANIZATIONS

United Church Woman Hold Meeting At Trinity

The sub - executive of the P.E.I. presbyterial met for the last time prior to the forming of "United Church Women" in Heartz Hall, Trinity United Church, Charlottetown on Saturday, Jan. 27. The president, Mrs. R. F. MacAusland conducted the meeting. Mrs. John Scott was recording secretary. An inspiring devotional service led by Mrs. W. A. Bruce assisted by Mrs. Lloyd Fraser opened the meeting.

Encouraging reports of rallies at Souris, Summerfield, Cornwall, Breadalbane, and Murray River were given; also two meetings at Summerside and Charlottetown where Dr. Florence Murray was guest speaker.

Mrs. Lloyd Fraser, gave a most interesting account of her trip to Berwick, N.S. and thanked the W.M.S. for their support.

Mrs. Henry Moyse reported that there were 1293 members and 301 Life members this past year.

Mrs. W. A. Bruce reported that 3706 lbs. of supplies had been sent to the Toronto depot including 79 blankets, 31 quilts, and 22 layettes.

Mrs. Lewis Murray reported that there are now 40 CGIT groups with 29 of them being affiliated with W.M.S. work.

Mrs. Kenneth Muttart spoke on Mission Band work. These groups donated a total of $1767.-55.

Mrs. Wilbur Webster spoke of work with Explorers, and Mrs. Arthur Profitt reported that Baby Bands had 945 members.

Mrs. Cairns' report on Christian citizenship was read and Mrs. Heber Hardy spoke of the wonderful work being done to cheer the sick and shut-ins.

Mrs. Alexander MacKay reported for Missionary Monthly and World Friends.

Mrs. Charles Howatt reported a good sale of books at the rallies and told how some societies had placed "Upper Room" programs in baskets for the shut-ins.

Mrs. J. S. MacLeod gave an excellent talk on stewardship and the treasurer Mrs. W. B. Creed then gave the financial statement.

A remembrance service was held for departed members and a poem read by Mrs. Scott.

ALBANY UCW

The inaugural service of the United Church Women was held in the Albany United Church, Sunday afternoon, Jan. 21, 1962

Rev. Ronald M. Cameron conducted this impressive dedication service and installation of officers. Mrs. Kenneth Muttart was organist for the occasion.

Following are the officers named: president, Mrs. Stirling M. MacKay; vice -president, Mrs. Lorne Cameron; recording secretary, Mrs. Stephen Huestis; treasurer, Mrs. Lester MacLeod; community friendship, Mrs. Earle Boulter; Christian stewardship, Mrs. Adelbert Palmer; Christian citizenship, Mrs George Burns; literature, Mrs. Hazen Dawson; periodicals, Mrs. Peter Nicholson; manse, Mrs. William MacLennan; press and communications, Mrs. Joseph Dawson; membership, Mrs. Charles Wright.

MT. RYAN CWL

The members of the Sacred Heart parish council of the Catholic Women's League, Mt. Ryan, met at the home of Mrs. Fred McKenna for the January meeting.

Father F.P. Butler opened the meeting which was conducted by the president, Mrs. J. D MacDonald.

The treasurer, Mrs. McKenna, reported a successful card party held at the home of Mr. and Mrs. Walter Walker. The usual Christmas donations had been taken care of and prizes for christian doctrine awarded.

The council is presently sponsoring a combined drive for the Multiple Sclerosis Society, Cancer Society, and March of Dimes.

The director suggested that we have the education convener send for material on the Pope's Encyclicals for proposed study group discussion.

A social hour was spent with lunch being served by the hostess assisted by the committee in charge

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LIBERAL MEETING

The annual meeting of the East Prince Liberal Association will be held at the Baptist Church Hall, Summerside, on Wednesday, February 7th, commencing at 8 p.m.

All polls to arrange for appointment of delegates and alternates.

Prominent speakers will be in attendance. Everyone welcome.

NEIL R. MacLEOD, Secretary.

NEW DEMOCRATS PROGRAM
KINGS and QUEENS COUNTIES
ALSO
Analysis of Potato Market

MR. LEO P. McISAAC

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P. E. I. TOURIST ASSOCIATION CONTEST

As a result of the recent substantial increase in Tourist Accommodation on P. E. I., the Tourist Association now finds itself in the position of having substantial numbers of Tourists during summer months looking for more means of deversion and entertainment.

The Association believes there should be more entertainment, enterprises and amusements, and a further development of Historic sites, etc.

We are therefore asking the Public of P. E. I. to come forward with any good suggestions they may have. All these suggestions and ideas will be reviewed by the Tourist Association and any with merit will be supported by the above named Association. Prizes for best suggestions—$25, $15, $10 respectively.

Closing date to receive these suggestions will be Saturday, Feb. 17th.

To be mailed to:

Prince Edward Island Tourist Association
P. O. Box 336
Charlottetown, Prince Edward Island

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