

There's Quite A Knack To Nutritional Snacks

According to the dictionary, a snack is a "slight, hasty repast..." or just a "taste". If that slight, hasty meal is enjoyed between the regular three meals, you will be judged a "poor eater" at the table!

And because snacks largely consist of starchy foods and sweets, although hunger is temporarily appeased, they are short in protein, which is needed in good supply at every meal.

However, if a snack is really just a "taste", the appetite for regular meals is not spoiled.

One hostess in Washington State often invites friends in for an evening snack. Most of them are overweight! What does she offer for refreshments that will not upset their reducing diets?

She offers snacks, made of julienned apples and raw vegetables and a little seafood, to be enjoyed as a tossed salad, or as drinks with a tasty dip.

Apple Seafood Salad Bowl: Prepare preceding apple seafood snack bowl, using roomy bowl. Chill. Toss with sippy salad dressing dip; serve as salad at lunch or dinner, or as snack.

MONDAY DINNER: Salad of Chicory, Sliced Fennel and Cress Chopped Sirloin Patties Sauteed Onions Whipped Potato Puff Warm Coconut Gingerbread or Baked Pears

APPLE SEAFOOD SNACK BOWL: 1 medium head soft lettuce, washed and dried; 1/2 lb. tender spinach, washed, dried and crisped; 1/2 cup cooked and drained canned shrimp; 1 cup Washington State apple (not peeled) cut in Juliennes one-third c. celery sliced 1/4" thick; 1 tsp. capers, fine-chopped; 1 Line large bowl with prepared greens. Arrange remaining in-

Her corsage was of pink sweetheart roses. The bride's table was centered with a three-tiered wedding cake, topped with a miniature bride and groom. For travelling the bride wore a sheath dress of pink linen with matching lace coat. Her accessories were pink and black and her corsage was of white sweetheart roses.

Mr. and Mrs. Roach are residing at their apartment, 92 Keat Street, Charlottetown.

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ELLEN'S DIARY

Cattle Grazed Peacefully In A Sheltered Woodland

What a cool day this was, that followed in yesterday's footprints! Grim of sky, showery and cool, in weather far removed from the summer love of the week just past...

The cattle grazed in the shelter of a woodland. The horses in the front meadow, damp coated, came to stand in the lee of the buildings.

"We must bring them in to the stable," James said.

"There won't be much combining done today," the younger farmer commented this morning stock of the day.

"We should," James suggested, "get that piece of fence straightened up before it comes. Yes, there were odd showers through the night. And there is rain in the forecast."

There came a spirited out-going to the fence, and at length a homing in a shower to take delivery of a little company of near-yearlings of the cow-

There was a commotion of near-yearlings of the cow, brought in on a truck which had come over the waves from the Mainland. Almost strangers to this house, the pair of farmers were, who accompanied the animals, though with like interests to Island folks of the farms. Interested in the same

things: the fields and crops, livestock, the prevailing prices, and costs.

"Our children are in the little red school," we said. "Not exactly ours, Ellen," James corrected with a twinkle. "Two from the house across the lane."

"We don't have little red schools anymore," one of the visitors volunteered.

An addition to ours is in the process of being built. Foundations have been laid, the timbers will rise. In time the little ones, settled for this and the previous school-term in a room in the neighboring Church, will be moving in to take possession of the brand new quarters there.

The fire crackles, the sticks sing an old song. Of summer, it is - of woods' silences, and thrushes' songs: of sun and dew, of raindrops pattering on leaves, and in brooklets, that steal away between butter-

"See the big light!" Peter exclaimed when we accompanied him, not long since, through the evening to his own door.

"A light!" we echoed with a chuckle, "better look again!" "Why, it's only the moon!" he grinned. "But how bright it is. And look, there's a star above it - and another, and another! - So many I couldn't commence to count them all!"

he sighed. Stars above the alley. "And in the west a planet swinging below a star." And now by these tokens, the rain was over.

James in the old armchair has put aside his reading. He sits hands folded in the quiet, thoughts where?

"What about those near-yearlings brought in today?" we query. "Oh well!" he replies, "we didn't altogether need them. There's one thing about farming, Ellen, it just can't afford to stand still. It must go ahead... or back! An extra animal or so about a place never hurts. But Ellen" he nods, "see the time!"

Bedtime... Day's end.

replied to by the groom. He then proposed a toast to the bridesmaids which was replied to by Wayne Proude. Congratulatory remarks were made by Charles Proude, grandfather of the groom.

Lois Proude sister of the groom, circulated the guest book.

For a honeymoon trip to the New England States, the bride chose a three piece pale blue suit with matching flowered hat, black accessories and a corsage of white carnations. Mr. and Mrs. Proude are now residing in Milton.

(Photo by Edith Robinson)

technicians and their guests attended a barbecue supper at Strathgairney Park.

Anniversary Observed At Saint John

Mr. and Mrs. Alton A. Rodd of North Milton recently celebrated their silver wedding anniversary at a gathering of family and friends at the home of Mr. and Mrs. Louis H. Mabey in Saint John, New Brunswick.

After dinner the evening was spent in showing colored slides of mutual interest. Congratulations and gifts were received also from absent members of the family Marion, (Mrs. John H. Fitz Gerald) resides in Flin Flon, Manitoba; Janet, (Mrs. Norman E. Johnson), is now living in Trail, B.C., and the only son Douglas, just recently married to Judy Holmes of Kingston, has taken up residence in Saint John, N. B.

On their return home Mr. and Mrs. Rodd visited with Mr. and Mrs. Walter Ladd in Moncton. Mr. Rodd's mother, Mrs. Ira Rodd, accompanied them on their trip.

P.E.I. X-Ray Technicians Hold Meeting

Scientific sessions were opened with lectures by Dr. K. Ellis, Dr. K. Grant, Phyllis Campbell, RT, and Sister Joseph Noreen, RT, when the P.E.I. X-Ray Technicians recently held their annual meeting at the nurses' residence of the Charlottetown Hospital.

Canada, Montreal, was heard. A tour of the Confederation Centre was enjoyed, following which a lecture by Walter Conrad of the DuPont Company of the annual business meeting with election of officers began at 1.30 p.m., when Phyllis Campbell, RT was elected chairman, Lorraine Redmond, RT, Vice - chairman, and Sister Joseph Noreen, RT, secretary - treasurer.

Following the meeting, the

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MR. AND MRS. TOM OLINYK RESIDING IN OSHAWA

A double ring ceremony performed by Rev. Ralph McQuaid, CSR at the Church of the Most Holy Redeemer recently, united in marriage

Mary Bernadette Malone and Thomas John Olinyk. The bride is the daughter of Mr. and Mrs. Frank Malone and the groom's parents are Mr.

and Mrs. Joseph Olinyk of Oshawa, Ont. The couple are residing in Oshawa. (Photo by R. B. Hamby)

Orange Lodge Organized By LOBA At Montague Hall

Jubilee Ladies Orange Benevolent Association No. 1384 was duly organized in the IOOF Hall, Montague on September 28th by the RWGM, Edith MacPhail, Argyle Shore, assisted by a degree staff from Memorial Lodge, Charlottetown and Argyle Shore.

The newly elected officers were installed by the MWIPGM of BA, Mrs. Jessie Li Larter, Charlottetown and are as follows: WM, Mrs. Annie Matheson, Montague; DM Mrs. Ethel MacLeod, Montague; JDM, Mrs. Barbara Fraser, Montague RR; chaplain, Mary Rourke, Montague RR; sec'y, Mrs. Elizabeth Rourke, Montague RR; fin. sec., Mrs. Helen Martin, New Perth; treas., Mrs. Jane Campbell, Montague; dir. of ceremonies, Mrs. Mary MacKinnon, Montague; lecturer, Mrs. Penelope Burke, New Perth; deputy lecturer, Mrs. Helen Jenkins, pianist, Mrs. Louis Martin, inner guard, Mrs. Lorna MacGowan, and outer guard, Angus Matheson.

At the close several members spoke briefly wishing the newly organized lodge and its

members every success in their work of benevolence and charity.

Refreshments were served by the members from Montague during the evening and a solo was sung by Joan MacPhail, who was accompanied by Mrs. Ray Morrison who was organist throughout the session.

The following members assisted in the initiation ceremony of the new Ladies' Lodge of Jubilee LOBA: Mrs. Florence Ross, PGM of P.E.I.; Mrs. Alice Jewell, PGM of P.E.I.; Mrs. Violet Frizzell, G'DM of P.E.I.; Mrs. Emma Alley, JDM of P.E.I.; Mrs. Janet Beaton, treas. of GL of P.E.I.; Mrs. Joan MacPhail, sec'y, LOBA of P.E.I.; Mrs. Rena Murphy, RWGD; Annie Boyle, auditor, RWGL of P.E.I. Mrs. Flo Bell Moote; Spurgeon Moore, MW Grand Rep. of Orange Insurance of Mar. Provinces; Mrs. Jean MacLean, PM of Memorial Lodge; Eilda Brehaut, PM of Memorial Lodge; Mrs. Mabel MacLean, PM of Memorial Lodge; Mrs. Kay Morrison, PM of Lady Patricia Lodge, Canoe Cove.

Women



MR. AND MRS. JOHN PROUDE

Double Ring Ceremony Solemnized At Winsloe

Winsloe South United Church, was the scene of an early fall wedding on September 11th, when Mariene Ferne, daughter of Mr. and Mrs. Gordon Coles, Winsloe became the bride of John Wendell, son of Mr. and Mrs. Dale Proude of Charlottetown. The altar was decorated with baskets of white gladioli with red dahlias. The pews were marked with white satin bows, backed with white doliels.

Rev. T. R. Goudge performed the double ring ceremony, Mrs. Goudge was organist and Joan Maund was guest soloist.

The bride, given in marriage by her father, wore a white floor length A-line gown of organza over taffeta. It featured a crooped neckline with lily point sleeves and bodice, and detachable train of French lace. Her four tier shoulder length veil of tulle illusion was held in place by a crown of pearls. She carried a cascade of red roses with lily of the valley and satin ribbon. Her only jewellery was a pearl necklace, gift of the groom.

ter from the study book and a number of members read selections from "Woman to Woman" by Eugenia Price. An invitation from Mrs. Emerson Murray, Fredericton, was extended to the members for their October meeting.

Eleanor Murray was organist for the meeting and she and Mrs. Chester Younker assisted Mrs. Murray with the serving of refreshments during the social hour.

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HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8586

Mrs. Leonard Hooper, Murray River returned home by air recently after spending a month visiting with members of her family in Boston, Ottawa and Montreal.

Marion McEwen, Commercial teacher at Alberton Regional High School is spending a month at her home in Sussex, N.B.

Mr. and Mrs. Urville Leard, Borden, have returned home after a visit with their daughter and son-in-law, Mr. and Mrs. Lyle Wawn, Ottawa, Ont.

Mrs. Perley Pridham, Saint John, N.B. is visiting relatives in Alberton and Howlan.

Sonja Diplessa, home economics teacher at Alberton Regional High School, is spending the fall vacation at her home in Campbellton, N.B.

Mr. and Mrs. John Weeks have returned to their home in Summerside, after spending a month with family and relatives in Toronto, Ottawa and Montreal.

Mr. and Mrs. Thomas Brown have returned to Newton, Mass. after spending the summer months at their summer residence in Kingsboro.

Mr. and Mrs. Frank Pridham, Fredericton, N.B. spent the weekend at their cottage in Montrose.

Rev. Alia Robertson and Mrs. Robertson of Aylesford, N.S. are visiting with relatives in the Eastern area and are presently guests of Mr. and Mrs. James Robertson, Kingsboro.

Mr. and Mrs. Ralph R. Meggison of Winsted, Conn. are guests of the former's sister, Mrs. Neils Stangard, Alberton. Enroute to this province, they attended sessions of the Eastern Star grand chapter of Ontario. Mrs. Meggison was grand representative from Connecticut to Ontario and had the honor of responding to the welcome of the grand representatives from other grand jurisdictions. Mrs. Meggison is past matron and treasurer of Magnolia Chapter No. 16 and Mr. Meggison is a past patron of the chapter.

Mr. and Mrs. John MacMillan have returned to their home in Canavoy from a holiday trip to Boston.

Mrs. Austin Rix, Saint John, is spending a vacation at her former home in Alberton.

U.S.A. Guests Report At Meeting

Mrs. Cuyler Matheson presided at the September meeting of the Breadalbane Christian Church held at the home of the "Murrays". Roll call was responded to with a Bible verse.

As a project for the month, it was decided to complete a quilt.

Two visitors, Mrs. Fred Blase, Rosindale, Mass. and Mrs. Arthur Perkins, Jamaica Plains, brought brief but interesting reports from their home churches.

Mrs. James Craig led a chap-

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MR. AND MRS. GEHRIG ROACH

Bedeque Pastor Officiates At September Ceremony

Baskets of pink and white gladioli decorated the First Baptist Church Charlottetown, in September when Linda Lee Lewis became the bride of John Brenton Gehrig Roach. The bride is the daughter of Mr. and Mrs. W. Bruce Lewis, Charlottetown and the groom is the son of Mr. and Mrs. Jon L. Roach also of Charlottetown.

Rev. Horace Esterbrooks of Bedeque officiated at the ceremony. Mrs. Leigh Dingwell was organist and the soloist was Mrs. Horace Esterbrooks.

The bride, given in marriage by her father, wore a sheath bridal gown of sheer silk organza over taffeta, with flowing chapel train fastened with a bow at the waistline. The fitted bodice with scooped neckline was enriched with appliques of lace and pearls. Her four tier, bouffant shoulder veil of silk illusion fell softly from a crown of seed pearls. She carried a cascade of American beauty roses and lily - of-the-valley.

technicians and their guests attended a barbecue supper at Strathgairney Park.

Gladys Dickson was maid of honor. She wore a floor length sheath gown of pink pseudo-sole with elbow length sleeves, matching cummerbund and wedding ring headress. She carried a bouquet of white and rose carnations.

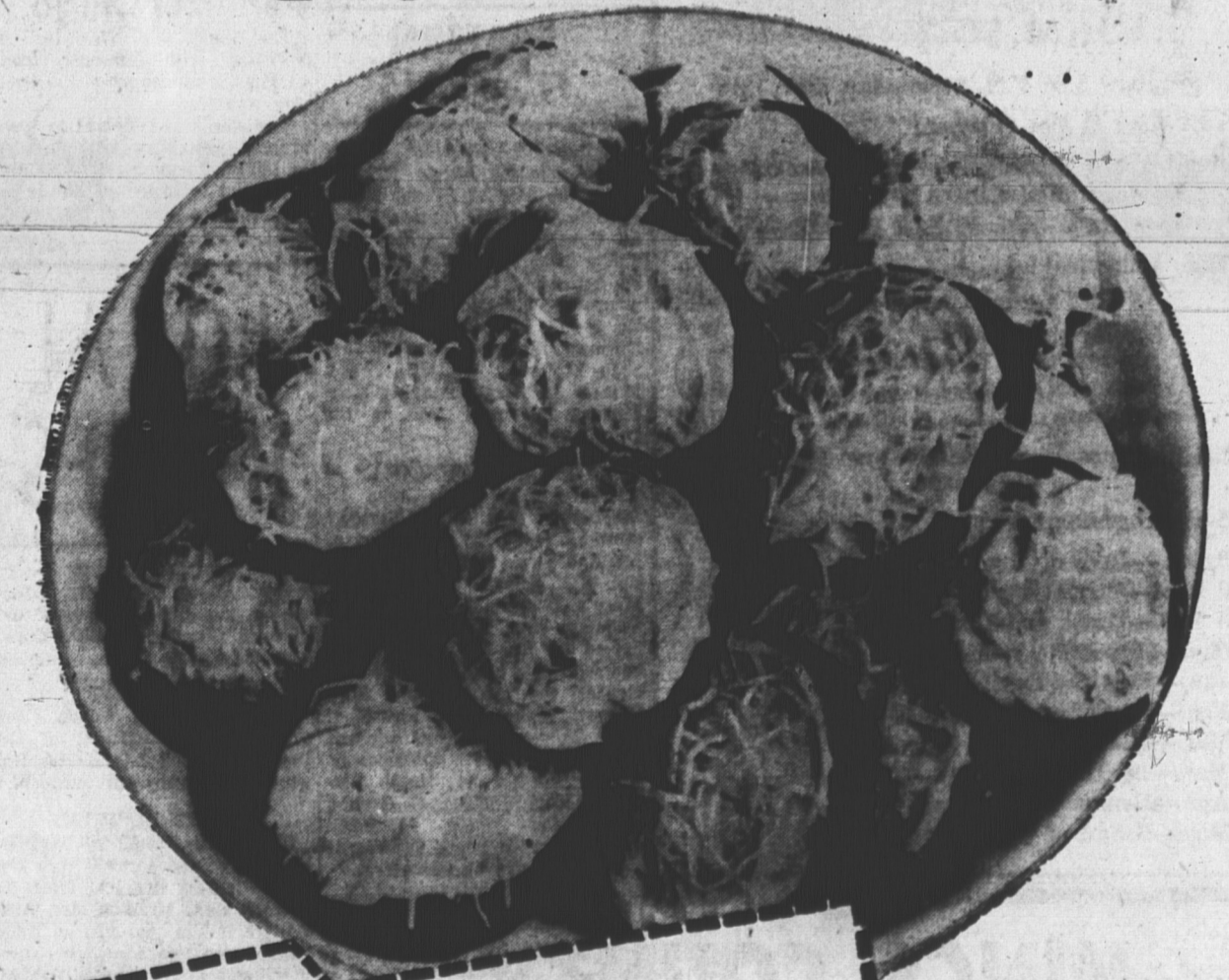
The bridesmaids were Colleen Roach, sister of the groom, and Bonnie Lewis, sister of the bride. Colleen wore a gown identical to that of the maid of honor, in a rose shade. Bonnie's dress, in the same color, was gathered at the waist with puffed sleeves. They carried bouquets of white and pink carnations.

The best man was Velle Bugden. The guests were ushered to their pews by John Stewart and Michael Hussey.

For the reception at the church hall attended by 85 guests, the bride's mother chose a champagne dress of nylon brocaded puff with toast accessories. Her corsage was of yellow sweetheart roses.

Mrs. Roach was in a dress of turquoise lace with a satin cummerbund. She wore a feathered hat and matching accessories.

Frosted Rocks



RECIPES: Frosted Rocks 1/2 cup soft butter 1/2 cup Lantic Dark Old Fashioned Brown Sugar 1/4 cup molasses 1 egg 1/2 tsp. salt 2 tsp. pumpkin pie spice 1/2 tsp. soda 1 1/2 cups sifted all-purpose flour 1/2 cup raisins 1/2 cup chopped walnuts 1/2 cup glacé cherries Cream the butter, sugar, molasses, and egg together. Stir in the remaining ingredients. Drop by small spoonfuls two inches apart onto a pressed cookie sheet. Bake at 375°F for 10 minutes. Cool and ice with coconut frosting. Makes 4 dozen.

Isn't it wonderful what Lantic Dark Old Fashioned Brown Sugar does for flavour. Try this new dessert and listen to your family call for more. LANTIC DARK OLD FASHIONED BROWN SUGAR