

Mabel Chown was born Oct. 24th, 1875, in Kingston, Ont. Her parents, Sarah and William Chown, moved to Stella, Amherst Island, when she was very young. Her father carried on with his occupation as engineer and cabinet maker.

She was the eldest of the family of 4 brothers and 4 sisters; 2 sisters died in infancy.

Mabel graduated from Kingston General Hospital as a registered nurse in Jan., 1902. She married Reginald Instant, a graduate of Queen's University. BA -ME 1897-1900, in Kingston on Jan.22, 1902. They resided in Renfrew County, near Combermere, Ont., where Reg was Mining Engineer and Metallurgist at Corundum Mines.

She had many calls for her services there and helped the Doctor in times of emergency.

A daughter, Estella, was born Sept. 12, 1903. In 1906 they moved to Emerald, Amherst Island, where they managed the General Store and Post Office. Reg also owned and managed the Emerald Cheese Factory.

They moved to Stella, Amherst Island, in 1914, so Estella could attend High School. Reg bought the Stella Cheese Factory from

Moutray & Sandwith.

A son, Jack, was born April 8, 1920.

Mabel was a member of the Anglican Church, belonged to the Ladies Guild (now A.C.W.), serving as President. She was also President of the Womens' Institute, 1927-1930. She was often called upon in times of sickness.

Her brother, George, a marine engineer on the Steamer JOSCO, lost his life when it sank in a storm on Lake Superior, Sept.3, 1905

Her husband, Reg, died suddenly on Nov. 7, 1937. Her two grandsons were both killed in a car accident Dec., 1956. She died July 3, 1964, in Kingston General Hospital.

Submitted by Estella Sharpe