



MR. AND MRS. G. P. JOHNSTON AND ATTENDANTS

Pretty Autumn Wedding Held At St. Ann's Church

The marriage of Helen Patricia Cudmore, daughter of Mr. and Mrs. James Cudmore, New Wiltshire, and George Patrick Johnston son of Mr. and Mrs. Stephen Johnston, Kinkora, was solemnized at St. Ann's Church, Lot 85, on September 27 at 9 a.m., at St. Ann's Church, Lot 65.

The officiating clergymen were Rev. Father McCarty and Rev. Father Croken.

The organist was Miss Mary Ellen McLeroy. The soloist, Mrs. Amos Callaghan, sang beautiful wedding hymns. The church was decorated with assorted flowers.

The bride, given in marriage, by Mr. James Cudmore wore a ballerina length gown of white Chantilly lace and tulle over satin with fitted bodice. The matching bolero had long sleeves that came to

points over the wrists. Her head-dress, a small crown trimmed with pearls, held in place a fingertip veil. Her bouquet was red roses and white streamers.

The bridesmaid was Bernice Cudmore. She wore a ballerina length blue net over taffeta dress with matching headdress and mits. Her bouquet was pink and white carnations.

Following the ceremony a reception was held at Parkdale Hall. The bride's table was centered with a two tiered wedding cake topped with a miniature bride and groom. The toast was proposed by Rev. Father McCarty and responded to by the groom.

A congratulatory wedding telegram was received from the groom's brother Mr. Thomas Johnston and Mrs. Johnson, Toronto. Photo by Myers.

KEEP IN TRIM

Facts On Food Fat Relates To Heart Disease

By IDA JEAN KAIN

Exciting findings have come to light in research on food fats in relation to heart disease. This was reported by Dr. Louis N. Katz, director of the Cardiovascular Department at Michael Reese Hospital Research Institute and Dr. Norman Jolliffe, head of New York City Health Department's Bureau of Nutrition in a recent issue of Medical News.

Food fat has long been linked with cholesterol, a fatty substance found in the blood stream and suspect in relation to heart disease. It was originally thought that what counted was whether the fat origin. According to the latest research, however, it doesn't make any difference whether the fats have animal or vegetable ancestry. The important point is their saturation or unsaturation. The saturated fats appear to be the ones that raise serum cholesterol.

Dr. Jolliffe explained the difference between the two types of fats in this way "The saturated fats

are usually the ones that are hard—that is, solid at room temperature. They include meat fats, butter and milk fat, margarine, and cooking fats—the ones that come in a can and look solid like ice cream. The soft or unsaturated fats are usually those that are oils or liquid at room temperature, such as peanut, olive and corn oils . . . exceptions to this rule are coconut oil and the fat in milk . . . The fat of milk is ordinarily thought of as being liquid, but it is a hard fat, finely dispersed through the milk."

Reporting on a recent study which supports this "saturated-non-saturated fat" theory, Dr. Katz told of a feeding experiment in South Africa in which seal oil, an unsaturated animal fat, was used. It was found that the seal oil had the same effect of lowering the blood cholesterol level as unsaturated vegetable oils.

NO BEARING

Eskimos are often cited as a people on a high fat diet who are reputed not to show an unusual

COOK'S CORNER



TURKISH DELIGHT

2 cups white sugar
1/2 cup boiling water
3 tsp. gelatine, softened in 1/2 cup cold water
Juice and grated rind of 1 orange
3 tsp. lemon juice.

Place sugar and water in saucepan, bring to boiling point, add gelatine and boil gently for 20 mins. Remove from heat add fruit juices and rind. (Candied fruit and nuts may be added). Pour into moistened pan. When firm cut in squares, using knife dipped in hot water. Roll in powdered sugar.

MORNING SMILE

"Willie you shouldn't talk like that to your playmate. Have you ever thought of heating coals of fire on his head?"

"Nope, but it's a peach of an idea!"

HOUSEHOLD HINT

Hold orange or lemon squeezer, egg beater or wire potato masher under the kitchen faucet immediately after using. Wash thoroughly and wipe dry, and they will not be likely to rust.

GOOD BARGAIN

The United States paid Russia \$7,200,000 for Alaska in 1867 equivalent to two cents an acre.

amount of hardening of the arteries or heart disease. The fact is, the doctors pointed out, that most of their fat intake is from seal and fish oils that are relatively unsaturated. Significantly enough, even the Eskimos do not have as high a fat diet as the people here in the United States.

Both doctors cautioned that while these findings open up new avenues of approach to the study of fat in relation to heart disease, the results are not yet conclusive. But, the experts emphasized, this much is definitely known—the American diet is excessively high in fats, ranging from an average of 40 per cent of the calories in fat calories to as high as 60 per cent fat calories. It would be wise strategy from the standpoint of heart disease as well as weight to lower the proportion of fat calories in the diet.

LET'S EAT

Saturday Night Supper Needs Change Of Menu

By IDA BAILEY ALLEN

"Many of the ladies we meet at personal appearances ask questions about entertaining," remarked the Chef.

"What shall we suggest, Madame, that will be different and can be prepared in advance to be heated the last moment?"

Supper for a Crowd: Shrimp bisque or oyster stew, hot Gruyere hero sandwiches; tossed salad bowl with salted peanuts; chocolate chip tortoni; coffee, tea or milk.

"This supper is comparatively simple," observed the Chef, "so the ladies should prepare plenty of each food."

BUY FROZEN

"They can buy the shrimp bisque frozen. Or, if oyster stew is served, the milk and oysters can be heated separately, ready to combine. Serve either steaming hot in a tureen or from a chafing dish."

"Prepare the hot Gruyere hero sandwiches up to the point where they are done after the guests arrive. Place the chocolate chip tortoni in the morning and freeze. 'Serve instant coffee, made in quantity, from a glass container set over a candle-warmer.'"

Hot Gruyere Hero Sandwich (Individual): Top: For each person, slice off lengthwise a piece 1/2 in. thick from the top of one (8 by 10-in. loaf French bread. Invert on an ungreased cookie sheet.

On it, layer 3 wedges, diced, process Gruyere cheese.

Bottom: Hollow a trench in the remaining bread, leaving a 1/2-in. rim. Spread with softened butter. In the trench, layer 1/4 lb. sliced skinless bologna, 1 sliced hard-cooked egg and 1 sliced small tomato, dusted with salt.

Place on the cookie sheet. Bake 15 min. in a hot oven, 400 degrees F.

Replace the top, serve hot with garnish of lettuce.

Chocolate Chip Tortoni: Set the refrigerator control at coldest point.

Add to 1 pkg. vanilla or butterscotch pudding mix, 3 c. milk and 1/2 c. packed brown sugar. Cook by label directions.

Cool; freeze until just frozen. Combine and melt over hot (not boiling) water 1 c. semi-sweet chocolate morsels and 2 tbsp. vegetable shortening.

Stir the frozen pudding in a chilled bowl until smooth, but not melted.

Slowly stir in the melted semi-sweet mixture by drizzling. This chips or hardens the semisweet chocolate.

Whip 1 c. heavy cream or undiluted evaporated milk stiff. Add 1 tsp. pure vanilla extract and 1/2 c. fine-chopped toasted blanched almonds. Pour into 26 (2-ounce) paper cups. Continue to freeze until firm.

Trick of the Chef: Garnish shrimp bisque or oyster stew with chopped pimientos and parsley.

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SWIFT INCREASE

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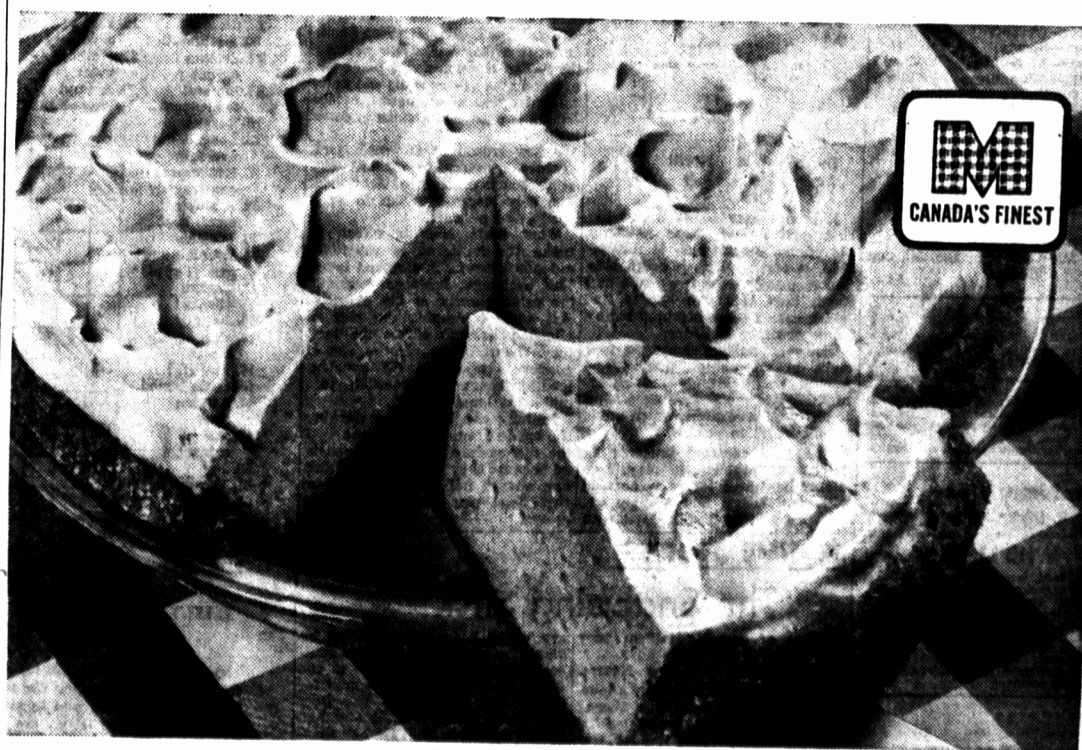
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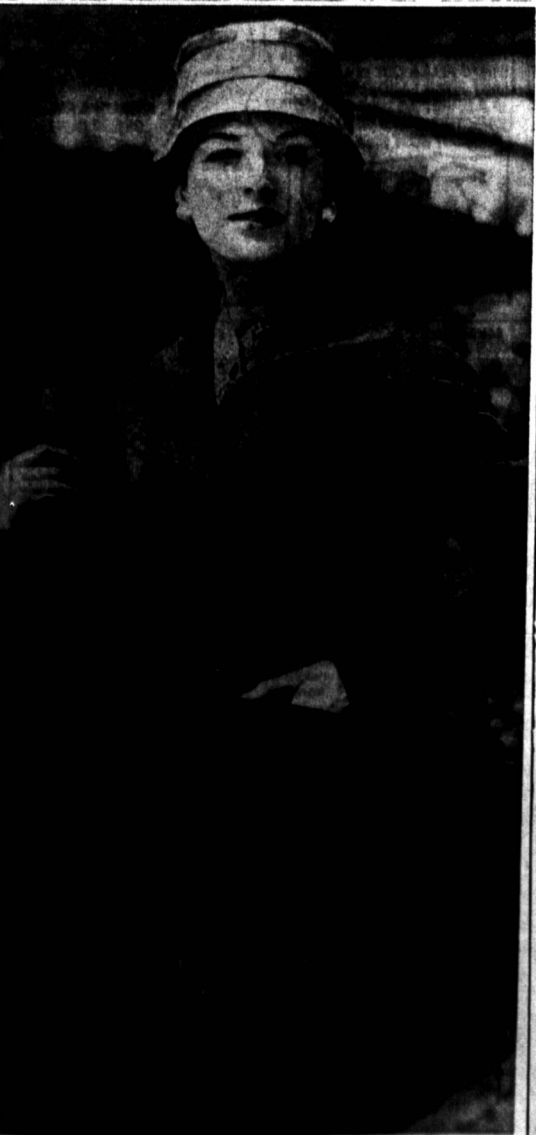


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