

Tasty Recipes For Lenten Days

SALMON SOUFFLE

1 can salmon
1/2 tsp. salt
1/2 tsp. paprika
2 tps. lemon juice
1/2 cup soft bread crumbs
1/2 cup milk
Yolks of 3 eggs
Whites of 3 eggs
Thoroughly rinse salmon, remove bones and skin, separate into flakes and add seasonings. Cook crumbs in milk for five minutes, add salmon and the egg yolks beaten thick and lemon colored. Cut and fold in whites of eggs beaten until stiff. Turn into a buttered dish. Set in a pan of hot water and bake in a moderate oven till firm. Serve with mock Hollandaise sauce:
2 tbs. butter
2 tbs. flour
1/2 cup milk
1/2 tsp. salt, pepper, cayenne
Yolks of 2 eggs
1/4 cup butter
1 tbs. lemon juice
Melt butter, add flour and stir until blended—add milk, salt and pepper and cayenne and bring to boil. Stir in egg yolks, butter, bit by bit, and lemon juice.

SCOTCH EGGS

6 hard cooked eggs
1/2 pounds sausage meat or minced beef
1 raw egg
Crushed cornflakes
Allow six eggs to cool. Remove shells and cover each with the meat. Coat carefully with beaten egg. Roll in crumbs. Bake in moderate oven until nicely browned.

MACARONI LUNCHEON SALADS

1 tbs. salt
5 qts. boiling water
8 oz. elbow macaroni (2 cups)
Cook until done, then rinse or drain macaroni with cold water.
Add:
1 cup diced celery
1/2 cup chopped green pepper
1/2 cup chopped sweet pickles
1 cup diced sharp cheddar cheese
1/2 cup cooked drained peas (or tin of peas from store)

1/2 cup mayonnaise
1/2 tsp. salt, pepper
Add 1 tablespoon salt to rapidly boiling water. Gradually add macaroni so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Rinse with cold water. Drain again. In a large bowl, combine remaining ingredients with cooled macaroni. Mix lightly but thoroughly. Chill several hours. Serve on crisp salad greens. Makes 6 to 8 servings (or more). Delicious.

VITAMIN SALAD

1 package lime or lemon jelly powder
1/2 tsp. salt
1 cup hot water
1/2 cup shredded carrots
1/2 cup diced celery
2 tbs. lemon juice
1/2 cup cold water
2 ripe bananas
1/2 cup shredded pineapple
Mix well and let set. Serve on lettuce with mayonnaise.

CREAMED TUNA

1 can cream of mushroom soup
1 tin tuna, drained, coarsely flaked
1 cup mixed peas and carrots
1/2 tsp. salt
1/4 cup potato chips
Empty soup into pot, add milk and mix thoroughly. Add chips, tuna, to soup mixture. Bring to boil. Serve over toast and top with mixed peas and carrots.

CHEESE OMELET SOUFFLE

1 tbs. butter
1/2 cup flour
1/2 cup milk
1/4 tsp. salt
Dash of pepper
1/2 cup grated cheese
2 eggs, separated
Blend butter and flour and add hot milk gradually and cook 5 minutes. Stirring constantly. Add salt, pepper and grated cheese, stirring quickly to melt cheese. Cool and add beaten egg yolks and fold in stiffly beaten egg whites. Pour into greased baking dish. Bake in pan of hot water and bake in moderate oven, 350 degrees 50 to 60 minutes or until firm. Serve at once.

ELLEN'S DIARY

by an Island Farmer's Wife

The sound of the sawing was here again today—the rhythmic pulsing of the tractor and the shrill whine of the saw which now and then made no unusual notes in the stillness of the quiet afternoon.

A silver-crowned patient morning it had been; it seemed, one of expectancy. For what did it wait?

"Rain!" called the prettily gowning bluejay from the branches of a gray orchard tree.

"Maybe!" whistled the train which moved away beyond the far fields of our valley. We shall see!

We mixed a teacake to bake with the dinner-fire using a basic recipe learned in an old pantry though somewhat varied now in the nature of the ingredients. We checked them: white sugar and flavoring as was; shortening and salt replacing the butter once in plenty in a crock in the cellard; eggs the same as those of the "old" years. These were from more aristocratic lines of birds, the grains fed once now supplemented with modern commercial feeds. The milk—as was, though the cows are definitely more pampered ladies than they were then. The flour? That came from mills in pretty Island valleys. And instead of the quick sure baking powder of today we used the soda and cream of Tartar, leavening agents of then.

And now the snow was falling, lightly, in gentle flakes athwart the green of a wooded hill, but not enough as it happened to post-

pone until tomorrow, the afternoon sawing.

It was an afternoon for visitors to call—salesmen who in the busy work at hand, could gain no audience with the farmers. A livestock dealer faced better. He stayed to join us in a cup of tea. To talk shop with James, relate interesting tales of his vocation which serves to keep him busy and interested now that he has retired from active farming. Neither old nor yet young, he is one who has travelled extensively both in Canada and abroad. He is settled now in a snug new cottage in the community where he was reared and there maintains his bachelor's estate.

"And why don't you, on some of your excursions find yourself a wife?" James wanted to know.

"Oh, I know they're this and they're that, but most of them can prepare a pretty good meal for a fellow. This cooking for oneself isn't"

"They're fairly scarce nowadays," he replied with a shy chuckle.

"Scarcely!" James teased with a laugh. "Why, old as I am, I'd get on in a week!"

"Oh, I don't know about that—times are different now to those when you courted."

"Different! I guess they still like to hear the honeyed word When I can spare the time James chuckled boyishly.

But how could James ever find time to help a bachelor search for wifely material with more wood to saw and so many other interests of the farm to fill the days ahead?

Until tomorrow Diary

Good-night



Chats With Churchill

World-famous Helen Keller, lecturer, author and educator for the blind, is shown as she chatted with British Prime Minister Sir Winston Churchill during her visit to the prime minister's residence.

KEEP IN TRIM

Curves For The Thin Girl

By Ida Jean Kain

FLAT-CHESTEDNESS RELATED TO UNDERNUTRITION

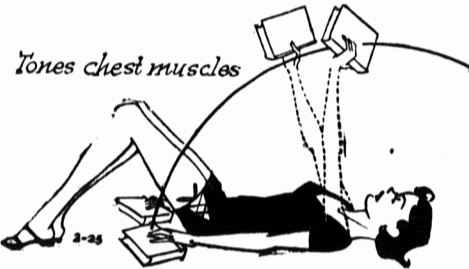
You thin girls feel that nature cheated you on curves. "Just tell us how to banish that plucked chicken look," is the plea. Take a deep breath . . . we're going after curves. But bear in mind that improvement of the bust cannot be treated as an isolated problem. Flat-chestedness is part and parcel of low vitality, droopy posture and too little weight.

Many of you think you eat enough, since you eat all you want. But in order to gain you have to eat more than merely

Arms are down at sides, with a book clasped in each hand. Slowly stretch arms up and back overhead, and return to sides, then out on floor at sides. Repeat six times.

From a standing position, "swim" the backstroke, making wide, slow backward circles, alternating arms. Then swing into the movement of the breast stroke.

Normal curves call for a well rounded program—good food and a balanced rhythm of work, rest and exercise, including some exercise in the fresh air. A daily



enough to support your present weight. There must be extra calories for curves, as well as an abundance of the protective foods which aid assimilation. Include daily: milk, meat, fish or fowl; eggs; whole grain cereal and bread and butter; green and yellow vegetables and potato; fruits, including a citrus fruit or juice. To boost calories, eat a little more than you want . . . a slice of good bread and butter, a couple of graham crackers with a glass of milk; a nourishing pudding. This helps increase your food capacity.

Exercise also has an important role in curve building. To be healthy and beautiful, bodies must be used, lungs must breathe deeply, circulation must be roused. Don't worry about mild exercise making you thinner, for in the figure that is under-developed all exercise is developing. Cover the cost of the exercise with extra calories and you'll gain. The exercises which strengthen the pectoral muscles of the chest help banish that plucked chicken look.

If you can manage it, rig up a stretching bar in a doorway. There are adjustable bars on the market. Have the bar fixed so it is within reach while standing on toes. Start lifting yourself a few inches off the floor, about three times. Pull slim through the middle so as to keep the new pounds from settling there.

Try this builder-upper: Lying on back, knees bent, feet flat on floor. Pull small of back into floor to help correct sway-back.

walk in good posture, breathing deeply will work health and beauty miracles.

GRADE A NUTRITION

Breakfast
Half grapefruit, grilled with brown sugar
Whole grain cereal with chopped dates
Milk and Cream
Toasted Bran Muffin—Marmalade
Glass of Milk
Coffee, if desired

Luncheon
Baked or Scrambled Eggs—Sausage
Broiled or Sliced Tomato
Bread and Butter
Apple Crisp
Glass of Milk

Dinner
Mixed Grill (Lamb chop, Liver, Bacon)
Baked Stuffed Potato
String Beans with sliced chest-nuts
Tossed Green Salad (dark green leaves)
Fruit with Cream
Molasses Cookie—Glass of Milk

An hour before bedtime
Glass of Milk
Graham Crackers
Note: One teaspoon of cod liver oil or one Vitamin A & D capsule should be taken daily.

Elaine Sudsbury Is Bride in Oshawa

Christ Memorial Anglican Church, Oshawa, Ontario, was the setting for a wedding at 1 o'clock today evening, February 18, when Catherine Elaine Sudsbury, daughter of Mr. and Mrs. Waldon Sudsbury of Oshawa, formerly of Spring Valley, P. E. I. was united in marriage with David James Walker, son of Mr. and Mrs. Rodney Walker of Oshawa. Reverend H. D. Cleverdon performed the double ring ceremony.

Mr. W. G. Rapley presided over the organ and Mr. William Jay of Toronto sang "Because" and "The Lord's Prayer."

Given in marriage by her father, the bride wore a street-length dress of Aqua French wool fashioned with a short sleeved bodice and slim straight skirt, topped with a hip-length jacket having batwing sleeves. Her small veiled hat of winter white felt featured silver accents. White gloves, navy shoes and a corsage of pink delight roses completed her ensemble.

Miss Irene Burridge was her only attendant, wearing a suit of dusky rose treetone, close fitting straw hat of iridescent dark green straw. Yellow roses comprised her corsage.

Mr. Austin Sudsbury, brother of the bride, performed the duties of best man. Ushering were Mr. Francis Campbell and Mr. Donald Gibson.

The reception was held at the home of the bride's parents, Mitchell Avenue, where the bride's mother received the guests wearing a suit of mist grey gabardine, a pink crepe blouse and a black velvet hat accented with rhinestones. The bridegroom's mother, who assisted, chose a navy blue nylon sheer dress, a matching straw hat trimmed with white flowers and navy accessories. They both wore corsages of pink carnations.

The wedding cake, nested in white lulle, centered the candle-lighted bridal table. Serving the guests were Mrs. J. V. Burridge, Miss Madeline Burridge, Mrs. Reginald Mountain and Mrs. Austin Sudsbury. The bride's father voiced good wishes to the newly wedded couple and the toast to the bride was proposed by Mr. Austin Sudsbury, response being made by the bridegroom.

For the honeymoon trip to Buffalo and other American points, the bride donned a grey beige wool top coat over her wedding ensemble. On their return the couple will reside in Oshawa.

Out-of-town guests at the Walker-Sudsbury wedding on Friday evening were Mrs. Kay Jay and Mr. William Jay of Toronto. Mr. and Mrs. J. V. Burridge, Miss Irene Burridge and Miss Madeline Burridge of Courtice, Ontario.



Dutch Art Exhibit

Madame Lovink, (left) wife of the Netherlands ambassador to Canada, and two friends admire a painting by Jan Steen, "Merry Company", one of the 95 paintings at the \$20,000,000 exhibition of Dutch painting at the Toronto Art Gallery. Centre is Mrs. L. G. N. M. Ravensloot, wife of the Netherlands consul in Toronto, with Mrs. James Roberts of Toronto.—(CP Photo).

Bouquets And Blinds

By ELEANOR ROSS

Unique and beautiful winter bouquet arrangements achieved through the use of interesting branch formations, dried seed pods and even weeds that we used to take for granted, are seen in many smart homes. We soon found out how these handsome arrangements have been worked out, and the secret of their beauty and charm.

Sprayed With Paint
All this is required is a spraying of colorful paint from aerosol spray cans, and an eye for charming arrangement.

As for the spraying, it's just a matter of finding a suitable working place where the overspray will not add color to areas where you don't want it. Just aim the nozzle of the can at the object to be painted, and press the button. That does it!

Dressed Up Blinds

Probably no one home decorating item has made as much progress in a short time as the wooden blind. Today it is decorative and popular. Wooden rods and slaves are woven with chenille and metallic yarns, as well as with acetate and plastic-coated fibers. Even screen printing is a technique now being used on woven wood blinds.

Easy-to-Keep Clean

As is the case with so many new improvements, the decorative wood blinds are easy to take care of. One simply wipes them off with a sudsy cloth, and that's all there is to that!

As blinds, window shades or draperies, wood products fit in

MARY HAWORTH'S MAIL

Doctor's Jealousy Limits Wife's Life

DEAR MARY HAWORTH: I am married to a doctor, whose income affords us a good living—a lovely home and a car of my own. In the past I had domestic help, which we can well afford; but Mike insists I do my own housework—why, I can't understand.

We've been married four years and have a child, age three. I love my husband; but how many people realize the dilemma of the doctor's wife, whose situation permits little companionship with her mate? Apparently many free booklet and clinical reports, write to Greenlove Company, 21 King St. E., Toronto, Dept. "MJ."

TOUGHER STUFF

Mercurised lisle is chemically-treated cotton used for reinforcing the heels and toes of stockings.

There is no unanswered prayer

God may not answer just the way we want when we pray for a loved one's health, or beg for strength to fight a personal weakness—but He does answer.

There are often hidden miracles in things which do not happen. In March Reader's Digest a noted minister tells three ways God responds to our pleas, helps you understand His ways.

Get your March Reader's Digest today: 37 articles of lasting interest, including the best from leading magazines and current books, in condensed form.

How alleviate this unhappy situation? Is the maladjustment my own emotional make-up? Are my yearnings for some constructive outlet the "flustered rebellion of a woman against her lot?"—as my husband says. Gardening and sewing, which he calls the "natural pleasures" of women, don't appeal to me? So am I an unnatural woman? What is wrong? Please advise. D. Y.

Man's Distrust Reflects On Him
DEAR D. Y.: In your candid story, here cut to a fragment, I find nothing to warrant Mike's scowling theory that you are an

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Alice Brooks Designs



PRETTY FOR SPRING!

CROCHET a new spring hat—in the time it takes to shop for one! Two prettiest shapes of the season—an open-work pillbox; a little cap of lovely medallions.
Pattern 7176: Hats of Spring! Crochet directions for 2 jiffy-styles in straw yarn or wool.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

WONDERFUL is the word—for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting—our new designs are all that—and even more! Send 25 cents for your copy of this terrific catalog—NOW! You'll want to order every wonderful design in it!



ANNE ADAMS PATTERNS



PERFECT FOR PLAY!

Just like mommy's favorite fashion—little girls love the tapered Matador pants! These are especially pretty—practical in rugged denim, no-iron seersucker. Shirt can be worn many different ways—belted, unbelted, tucked in, out. Ideal for play!

Pattern 4891: Child's Sizes 2, 4, 6, 8, 10. Size 6 pants, 1 1/4 yards 35-inch; shirt, 1 1/2 yards.

This pattern easy to use. simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (25c) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street West, Toronto.



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"PHANTO-GENIC" HEELS

\$1.50 PER PAIR

We have a lovely surprise for you: the subtle ankle-flattering "Phanto-genic" heel. A darker-tone heel, of the same shade as the stocking itself. Slims the ankle. Points up the sheerness of the nylons. Blends magnificently with your chosen colour scheme. As obviously right as white for a wedding. So take to your well-dressed "Phanto-genic" heels, and win admiration.

PHANTO'S NEW FASHION EXCLUSIVE spells "chie" in every clinging line.

IT PAYS TO BUY PHANTO! They wear and wear, and that's the sort of luxury it pays to go in for.

Bewitching "Phanto-genic" heel nylons are available in a new range of 60 gauge penol seam Phantom nylons priced at \$1.50 per pair, 3 pairs \$4.35

Phantom Nylon

Other Phantom nylons:
afternoon sheers, 51 gauge 15 denier, \$1.35 per pair, 3 pairs \$3.90
evening luxury-sheers, 66 gauge, 12 denier, \$1.75 pair, 3 pairs \$5.10

SEE PHANTOM'S NEW SPRING SHADES AT THESE STORES:

Fashion Shoppe 141 Great George St.	Sunter's Ladies' Wear 162 Great George St.
Prowse Bros. LIMITED	Norma's Ladies' Wear 160A Kent Street