LET'S EAT

Perk Up Vegetables With Herbs And Spices

By Ida Bailey Allen

"I am impressed with the respect given in the South to the preparation of fresh vegetables," the Chef observed. "A much greater variety is served than in other parts of the country. They are respected here.

"Also," I said, "Southern homemakers are keen to spark the flavor of vegetables with herbs and spices."

Here are some notes on the spices and herbs to be used with various vegetables. Remember to rub all dried herbs to a powder.

Beets: Clove, bay leaf, mint.

Cabbage: Coarse black pepper, caraway or celery seeds, curry powder.

Carrots Minced mint, basil, parsley, tarragon, garlic.

Red Cabbage: Allspice, chopped apple.

Cauliflower: Poppy or celery seed.

Eggplant: Sage, mint.

Greens: Marjoram, basil, garlic salt, prepared mustard.

Onions: Celery seed, brown butter with curry.

Spinach: Nutmeg, almost any herb, lemon or lime juice.

Swiss Chard: Onion salt, dill.

Summer squash and zucchini: chopped chives, paprika.

String beans: Bayleaf, whole cloves, garlic.

Tomorrow's Dinner: Red bean soup; croutons; deviled ham and-cheese; scrapple loaf; asparagus-egg salad; strawberry biscuit short cake. Coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6

Deviled Ham-and-Cheese Scrapple Loaf: Make up 1 recipe enriched cornmeal mush following directions on the pkg. Cool.

Next, oil a 10" by 4" loaf pan and line with ¾ of the cornmeal mush. Fill with deviled ham-cheese filling. Cover with the remaining cornmeal mush. Brush with cooking oil.

Bake 50 min. in a moderate oven, 350-375 degrees F. Let stand 10 min.

Unmold on a heated platter. Garnish of parsley or cress. Serve sliced, with Spanish sauce.

Deviled Ham — Cheese Filling: Throughly mix together 1½ c. fine soft enriched bread crumbs, 1 tsp. paprika, 1 c. warm milk, 1 family-size can deviled ham, 1 beaten egg, ½ c. grated sharp Cheddar cheese and 1 tbsp. minced parsley.

Company Strawberry Shortcake: as made in 1890 in New England: Sift together 4 c. already sifted enriched flour, ¾ c. sugar, 1 tsp. salt, and 3 tsp. baking powder.

Add ½ c. butter or margarine. Chop in with a pastry blender. Beat 2 eggs light. Add 1 c. milk and stir into the flour. Mix thoroughly.

Spread in 2 oiled 8" layer cake pans. Bake in a moderate oven, 375-400 degrees F.

Split to make 4 layers. Spread with softened butter and a qt. of warmed slightly crushed sugared strawberries. Serve warm, with or without plain or whipped cream.

Trick of the Chef:

When sauteing small diced croutons in butter for red bean soup, dust plentifully with paprika, sparingly with garlic salt.

ELLEN'S DIARY

Who Saw May Come?

Who saw May come? The housewife busy with the cares and demands of the spring season? At the refurbishing and redecorating of her rooms, making new for herself and loved ones that home she too engrossed in her work to give it a thought? And thereby missed the arrival? To regret it later.

For there is only one May: a lovely maiden of lady. Auburn-haired, we could fancy. To be especially beautiful in the green gowns she will wear and the emeralds "for luck."

If she came on the fairness of a clean starlit night, or in rainfall picking out a pretty tune on the roof, or in the last snowfall, which for the farmers is supposed to be the best of them all, what matter?

Fine gifts she has to offer, presents to fill young hands and older. Garlands of flowers for them, gold, pink, white, violet, to brighten meadow and wood: Mayflower beloved-the Trailing Arbutus, rare scented blossoms, nestling shyly beneath sturdy sheltering leaves and of a blush of pink. Waxen, scented blossoms, nestling shyly beneath sturdy sheltering leaves in the damp of leaf mould for those who may (sparingly!) gather. Violets too, delicate meadow-things, subtly perfumed with the nostalgic fragrance of young springs long gone and the promise of "the best yet" to come.

May will take the younglings of the herds to pasture-the ewes too and the older lambkins. And at Alderlea will prove to the farmers the further extent of such increase. They will find a bonny new "single" or a pair or maybe a trio in some sheltered nook of field after they have noted a ewe's absence from the rest of the flock. And be pleased, and as always, awed by the miracle that is birth.

May herself is "a miracle thing," a poet appreciates.

How shall I tell it?
What song to sing?
May's such a radiant, miracle thing.
How shall I capture it?
Where shall I go?
See, there is Iris along the hedge-row!"
How shall we capture it?

"Other years I've always been late with my housecleaning" a housewife explained when we visited her one afternoon of late March and found her ironing a frilled curtain." And May and June came and went, and I was so busy I was hardly aware of it. "I've missed so much loveliness. But not this spring" he chuckled. "I'm telling you, that if I'm till on the active side of eternity Ellen, I'm going to have time to see all of it! Yes ma'am. Every bird and blossom-and night and morning. I'm going to stop and watch the mists lift from the river and the fishing boats go out. Yes" she nodded "for there's only one May, one June to a year."

The children are still in doors, kept there by a chill wind today. But tomorrow, if all goes well what a day for them it will be!

Until tomorrow — — — Diary — Goodnight....

COOK'S CORNER

YORKSHIRE PUDDING

1 cup milk
2 eggs
1 cup flour
¾ tsp. salt

Mix salt and flour, add milk to form paste, then add well beaten eggs, half fill well greased muffin tins, bake in hot oven.

'Words Of The Wise

Thank God every morning when you get up that you have something to do which must be done, whether you like it or not. Being forced to work, and forced to do your best, will breed in you a hundred virtues which the idle will never know. —(Charles Kingsley)

HISTORIC ISLAND

Saint Paul and Saint Barnabas brought Christianity to Cyprus in the Mediterranean in the year 45 AD.

ANNE ADAMS PATTERNS

FOR SUN AND FUN

These separates are wonderful for a busy gal's wardrobe—they mix-match beautifully, eliminate weekend packing worries! Blouse with its graceful yokes, slim shorts, favorite 8-gore side button skirt—easy to sew, a joy to wear!

Pattern 4820: Misses' Sizes 12, 14, 16, 18, 20. Size 16 blouse and shorts take 3⅛ yards 35-inch fabric; skirt takes 3¼ yeards.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY - FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to Anne Adams care of Charlottetown Guardian, 60 Front Street, W., Toronto, Ontario.

HOUSEHOLD HINT

Good lighting and absence of glare is particularly important in a child's bedroom. Children's eyes should be protected from a bright light source.

A lighting fixture which might not be comfortable ordinarily, may be trying when viewed from a reclining position or when turned on suddenly when the eyes are accustomed to darkness.

MORNING SMILE

"Doctor, didn't you say that eating radishes would make my skin break out"

"No, no I never make any rash promises."

MARY HAWORTH

How To Explain To Children That Parents Separating

Dear Mary Haworth: What would be the best way to explain to three young children—ages 5,6 and 8—that their parents intend to separate? I want to ease the shock for them, insofar as possible.

This decision to separate has matured very slowly on my part. Jake and I have been married 10 years, and in this period he has abused me horribly and has left me several times. I have always forgiven him whenever he asked (doing this for the children's sake); but now I realize that separation is inevitable.

We would have parted 1st January but due to finances and other considerations, including the children's schooling, we decided to wait until June.

I believe I have loved my husband in the past, although I have never liked him; and I think the same could be said of his feelings for me. But now I have lost all love for him, and am tired of being on the defensive. When our youngest child was two weeks old, Jake tried to have me placed in a mental hospital, but the doctors overruled him.

REJECTS HELP

I consulted a marriage counsellor after I was released, but Jake refused to go, although he tells anyone else who cares to listen all about his troubles with me . . A year ago a specialist might have helped us; now it is too late . .

As my religion forbids remarriage after divorce, I am well aware of the responsibility that weighs on me, in trying to make a decent home for the children through my own efforts—especially as I am not very robust. God willing, I shall do my utmost; but at times the prospect overwhelms me. Can you suggest some helpful reading matter? And advise me on how to tell the children of the coming separation? G.P

STILL IN SERVICE

Dear G.P: In your long letter her cut to a fragment, you say that Jake spent a year in Korea with the Army, as the children remember, and that he is still in the service. Also, that it isn't likely they will see him often after you separate, as he will be transferred to a different part of the country, probably.

Well, it occurs to me that this past experience, of the children's being weaned, perforce, from daily dependency on their father's society, automatically cushions the shock of a marriage breakup.

My idea would be that the less said, the better in terms of trying to "explain" to the children your intention to separate, or your reasons for doing so. Don't be anxious, apologetic or melancholy in relations to them, as you proceed with the necessary plans and moves.

KEEP COUNSEL

If children could voice their innermost feelings in periods of family stress, I think they would tell you they prefer the parents to keep their own counsel mostly, and to solve their problems on the adult level, with an air of real confidence in their adult ability to cope satisfactorily, and take care of the children, whatever happens. And thus let the children remain children, not tortured in a crossfire, but sheltered under a competent parent's protective wing.

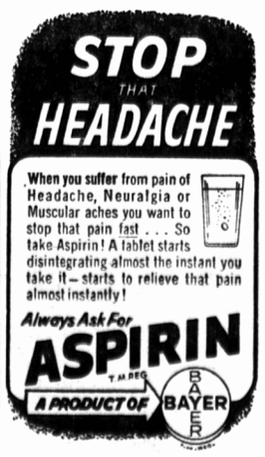
For detailed suggestions on how to steer the children sympathetically and helpfully through such a time, consult "The Encyclopedia of Child Care and Guidance" (Doubleday), edited by Sidonie Gruenberg. The subject is treated under two different headings—"Divorce and Separation" pages 186-188, and "Family Breakup," pages 214-216.

NEEDS OUTLET

Sample advice is "To show bitterness, resentment or anger toward the other parent can only deepen the child's distress. The adult needs an outlet for these feelings, both during and after the divorce; but it is best to express them to a sympathetic adult, and not to the children . . "

A good guidebook for you in rebuilding your life is Dr. John Schindler's, titled "How to live 365 Days a Year." This famous mid-western doctor, affiliated with the Monroe Medical Clinic at Monroe, Wisconsin, gives his own tested method for living without sickness, fear, fatigue or nervous stress. The book is published by Prentice-Hall. M.H.

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



WOMEN

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

MAY

Now the bright morning star, day's harbinger
Comes dancing from the East, and leads with her
The flowery May, who from her green lap throws
The yellow cowslip and the pale primrose.

—John Milton.

For winter's rains and ruins are over, and all the season of snows and sins. Frost are lain and flower begotton in green underwood and cover. Blossom by blossom the Spring begins.

When the hounds of spring are on winter's traces, the mother of months in meadow and plain fills the shadows and windy places with lisp of leaves and ripple of rain.

In those vernal seasons of the year, when the air is calm and pleasant, it were an injury and sullenness against Nature not to go out and see her riches, and partake in her rejoicing. Spring, with that nameless pathos in the air which dwells with all things fair; spring with her golden suns and silver rain is with us once again.

These days of thaw drench the fields with Spring; creeks cannot hold all the water from the hills and upland meadows. This turbulent Spring flow spills everywhere. It floods the lowlands and the wild pasture bogs, and they are small lakes now. There are ponds today where slow streams ran and pussy willows rest their swollen catkins in the swamps deep water. The spring thaw softens these winter hills once more.

Now does a choir of chirping minstrels bring in triumph to the world, the youthful spring. The valleys, hills and woods in rich array, welcome the coming of the longed for May. We, in thought, will join your throng ye that pipe and ye that play. Ye that through your hearts today feel the gladness of the May.

The birds in spring will sing in the rain or snow. . Why do they sing so sweetly those wild birds in the lane? when all day long the rain has lashed against the window pane. Why though the shrieking tempest has harried their crude nests, do they trill songs of gladness—that with joy the day invests? Have they some inward vision that is not given to man to read the tempest's meaning and the clouds and sunbeams span? some inner sense of knowledge that brooks not of delay, to choose a day of dreary gloom to sing their sweetest lay?

Would I might know their secret, that plain might be the way; to wait not for the sunshine's wealth but sing when days are grey.

Certainly, we can learn much from these tiny birds when days are stormy. A delicate fabric of birdsong floats in the air, and the smell of wet wild earth is everywhere. Oh, I must pass nothing by without loving it much; for how can I be sure I shall see thee again. . the world at the first of May shining after the rain? It is true that in this country the days all through May can become warmer and lovelier as the month goes by, but the exquisite pleasure on the first of May to walk on the good earth after the long winter months is with us now, with the promise of beauty and fragrance for many weeks.

FROM BORNEO

Some more planting and sowing has been done in the garden and a bulb of Kaempferi was potted up for something new and lovely in a plant. It is a plant novelty from Borneo, sometimes known as "Ground Orchid" It has lovely white blooms with bright lavender lip, ravishingly perfumed and borne at ground level in the utmost profusion in Spring before the foliage appears. The leaves are broad, green above, purple underneath, lasting all summer. After blooming it makes a handsome pot plant for the foliage alone. Now who could resist such a plant when they read about it?

After a long winter of frost and snow it is very cheering to walk around the garden and see the early crocus and daffodils. It was Milton who wrote of "daffadillies". In Shakespeare, time they were known as Daffodils, but their roots were already well dug into history when poets were weaving flowers through the myths of ancient Greece. Legend had grown up around the daffodil since three hundred B.C. Theophrastus, one of the first botanists of whom we have any record, wrote about the garlands interwoven with it; he was probably referring to a wild species of Daffodil found all over his country.

Most species were introduced from the Continent and they have been growing, freely in our gardens for over four hundred years from Elizabethan times which brought us at least one-half of our spring flowers. So this "Poet's Flower" of legend and story has grown quietly down the lyrical path of time increasing in variety as celebrated breeders journeyed far and wide in search of wild and garden specimens for experiment.

Today the breeders are concentrating on producing a pink-tinted Daffodil, though one can hardly dissociate the flower from yellow-the yellow that quivers with spring sunlight, even when the sun is hidden behind a cloud. The daffodils I enjoy the most are the small fragrant bunched varieties, and the scarlet cupped flowers. Scattered up in the woodland among the tender green ferns they look their loveliest.

SCILLY ISLES

Daffodils are grown in quantity in the islands of Scilly off the coast of Cornwall, England about forty miles and these islands are as warm in Winter as the most favored parts of the Riviera. Flower-farming is the chief employment. A hundred million blooms are shipped to the mainland every spring beginning in December and lasting until April.

The fields themselves are small which is the way of things in Scilly. There is good reason for this, in that the smaller the field, the more easily it can be protected from destructive winds by the tall hedges which to the visitor are, perhaps, as notable as the flowers themselves. The daffodils are generally picked in the bud and placed in tall cans. The buds open in the glass houses and packing sheds where they are tied and parcelled with speed and deftness so that they reach market in the finest condition.

To see Scilly flowers at their best it is necessary to visit these packing sheds where an overwhelming riot of scent and color pleases the nose and eye. Scilly is glad to have visitors but the islands are in their way exclusive. They have always been so. Their hilly acres hold three times as many chambered tombs as the whole of Cornwall, a county famed for them. The burials were not, it is thought, of local people but of great men for afar, laid to sleep in the Isles of the Blest, after what must always have been a dangerous sea passage.

Scilly is still exclusive. Visitors are welcome but new settlers less so, even when they have obtained the necessary lease from the Duchy of Cornwall. Scillonians have found a satisfying and rewarding way of living and it is natural that they should wish to keep it to themselves. The stranger is encouraged to look and admore. Beyond that, as in most delectable places, reservations begin.

When we look at our daffodils in springtime we think of all these lovely places where they are grown for us.

FROM OREGON

A lovely Myrtlewood flower container from Oregon is one of my prized possessions as finely-crafted objects of wood have ever been a delight to the flower gardener who enjoys the arranging of the flowers in different ways. Indeed the appreciation of all handmade articles has increased in the past few years. Many containers made of wood have proved eminently right for simple bouquets of garden and wayside flowers, while highly-polished wooden urns and vases are elegant enough for classic arrangements.

The Myrtlewood vase here is in this class and it is interesting to read about that Myrtlewood tree is symmetrical in form, and stands clothed in perennial loveliness. It is the tree beautiful-silver-sheened in the sun-with its deep green leaves cool to the eye and satin-smooth to the finger tips. When bruised, due to the volatile oil therein, the leaves exhale a heady fragrance.

Although an evergreen, the bark is smooth, and on the end of the stems at Christmas time, tiny white blossoms, faintly fragrant, appear in small dense clusters. The Myrtlewood tree grows to a height of one hundred feet, and is found on that slender ribbon of land along the Pacific coast between the cascades and the ocean, and flourishes best in Southwestern Oregon.

Age has endowed the Myrtlewood with glamour, and has enhanced its value many fold. The age limits of this unquestionably long-lived tree are difficult to accurately determine, but trees with trunks of a four foot diameter are estimated to be about five hundred years old. All authorities agree that this magnificent and unique tree must have graced the hills and valleys of Southwestern Oregon since the days of antiquity. And so for centuries the Myrtlewood has stood "gathering to its heart the romance of the sea and sky, the forest and stream."

The true worth of this wood was not realized until about eighty years ago. At that time among a crew of a vessel wrecked on the coast of Oregon were two Swiss brothers skilled in wood carving. These men soon discovered the possibilities of Myrtlewood and established for all time its excellence for use in the crafts.

Articles for manufacture are shaped and sized with bandsaw, then sanded and polished in gleaming art treasures, some made into beautiful vases for flowers. There is something so basically honest, satisfying, and beautiful about finely designed, lovingly handled, carefully sanded and finished objects of wood that they seem to have a universal appeal.

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Clinical tests prove that ARRID, now with Perstop*, is *1½ times as effective* as other leading deodorants. Arrid's antiseptic protection keeps underarms dry and odourless.

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DON'T BE HALF-SAFE USE ARRID—TO BE SURE!

URBAN AND SUBURBAN

Though these two handbags are as different as can be in silhouette they are both fine carriers for both town and country and also excellent travelers. Designed to go with very type of daytime and sports costume the bags have plenty of space to accomodate all the necessities required by the busy woman. One is a rounded barrel shape made of hemp with natural leather trim. It has double handles and four little metal feet. The other is a satchel also of hemp with leather trim. It features double handles and a leather tab closing.

HAPPENINGS

Despite the cold rain of last Saturday afternoon, great masses of Spring flowers bloomed gaily at Holy Redeemer Community Centre. On their occasion of their Annual Spring Bonnet Tea the Junior League of the Charlottetown Hospital served hundreds of delighted guests in an enchanting spring garden setting.

One of the most pleasant events of the current season, the Tea was under the capable direction of Mrs. Percy MacDonald, ably assisted by Mrs. Malcolm MacDonald, Mrs. Reg. Cronin, and Mrs. W.A.MacDonald. The lovely spring garden, setting was created by Mr Jed Maddigan.

Responsible for the gaily decorated booths were:- Sewing- Mrs. Edison Wood and Mrs. Fred Pound; Knitting- Mrs. Vince Pineau and Mrs. Edward Brown; Plants- Mrs. Leo Berrigan; Candy- Mrs. Reg. MacCarville and Miss Emma. Whalen; Touch and Take - Mrs. Florence Blanchard; Cake Lottery- Mrs. Guy Sullivan. In charge of the kitchen were Mrs. Bernard Hughes and Mrs. Hubert O'Hanley.

Receiving guests were Mrs. Mitchell MacDonald and Mrs. Reginald Mahar. Pouring for the first hour were Mrs. Oscer Albert, Mrs. John Wellner, Miss Mary Cronin and Mrs. Louis Doyle:- for the second hour tea was poured by Past-Presidents Mrs. J.A. MacMillan, Mrs. George Chandler, Mrs. A A MacIsaac and Mrs Urban MacQuaid. Servers for the afternoon were Mrs. Bryon Burns, Mrs. Leo Calahan, Mrs. J.W. Crokin, Mrs. Edward Gallant, Mrs. Charles McQuaid, Mrs. Ivan Laurie, Mrs. Jack MacEachern, Mrs. G. Nantes, Mrs. K.A MacEachern, Mrs. Maurice MacAleer, Mrs. John MacInnis, Mrs. Jos. Gill, Mrs. Maurice Goodwin, Mrs. Chris Gallant and Miss Blanche Conway.

ELEANOR ROSS

Youngsters Help Out

It did our heart good to watch a group of youngsters at work making over old toys for a neighborhood center. Not only had they roamed far and wide soliciting the discards, but they had undertaken to do them over completely.

As they worked, they learned many things that would be helpful to anyone tackling a similar job at home.

As they sanded the toys, for instance, to remove all corrosion and rough spots, it was explained that sanding also lessens any high gloss that may, in some instances, interfere with the adhesion of a new coating.

For toys and children's furniture it is advisable to use a leaf-free, interior gloss enamel as a coating. Where bare metal calls for a primer, iron oxide or the zinc-dust type should be used. And it was pointed out to the youngsters that as some of the toys were for infants care must be taken to use a type of coating that is non-injurious—even if eaten! For where is there a baby that, come teething time, won't chew on his favorite toy?

Nearly all coatings intended for indoor use are harmless, even if swallowed in small quantities, say the paint people. So the project workers learned never to use outdoor paints indoors.

Something else they learned was how to clean painting tools in the proper solvent. For enamel and varnish, turpentine does the job, job.

Alcohol is used for shellac, while lacquer is cleaned with a lacquer thinner. Water takes care of water paint.

The children were taught a good trick for applying paste wax, and that is to put a lump of it inside several thicknesses of cheesecloth. Then just rub away.

Another good hint was to use a shoe brush when buffing waxed surfaces, finishing off with a soft cloth.

Play Is Essential Work During First Five Years

By OLI DAUM
Canadian Press Staff Writer

TORONTO (CP)—A New York industrial designer says children need toys that stimulate their creativeness rather than those that entertain them.

Arnold Arnold, himself a designer of 12 educational-type toys now on the market, said during a visit here that creative toys take the place of whimsical, imaginative parents who don't have time to play with their children.

Mr. Arnold, designer of such things as lubricating dispensers and tissue boxes, began designing toys six years ago for his young son.

IMPORTANT YEARS

Play may be entertainment and relaxation for an adult, he said. But to a child it is work and a necessary preparation for adult life. The first five years of a child's life are the most crucial. They are the developing years during which he subconsciously discovers those things he will either reject or pursue through life.

Therefore parents should provide their children with creative toys—those that will awaken the child's curiosity and allow him to develop the maximum of his potential, Mr. Arnold said.

"Non-creative toys—the mechanical types which perform—do not entertain the child as much as they do the parent," Mr. Arnold said. "Children prefer the creative—building toys, for instance—which are not an end in themselves but merely a means to an end."

They allow the child to put to use his past experience in inventive ways and at the same time permit him to have new experiences.

"The parent must create in the home an atmosphere that is conducive to the child's independent investigation. If a parent says here, go away and play,' it destroys the child's enthusiasm to create."

On the other hand Mr. Arnold cautioned parents against intruding on the child's play.

"Do not play for the child" he said. "It's his toy. Let him play with it." The adult may mean well but if he made an elaborate building out of toys the youngster could become frustrated by trying and failing to copy the adult's example.

The amiable designer said it is often mistakenly supposed that creative or educational toys are those that teach the child reading or arithmetic.

"Most manufacturers are not equipped to teach the child reading as effectively as a well-trained teacher," he said. "The right toys for a child are those that will occupy him for as long a time as his age, attention span and prior training will permit and parents should show an interest in the end the child achieves regardless of whether it fits into their adult concept of reality."

Bringing Up Baby®

HINTS COLLECTED BY Mrs Dan Gerber (MOTHER OF 5)

This is National Baby Week—and what better time to make an appointment for baby's next visit to the doctor. A few helps that will make the visit go more smoothly:

- *Make a list of the questions you want to ask doctor. It will save his time, and yours.*
- *Skip "sunday-best" clothes. Diaper, shirt and wrapper simplify stripping.*
- *Take a toy for baby, in case you have to wait for the doctor.*

• • •

Good time to check your grocer and see how many baby needs he features this week and every week. Note the grand variety of Gerber Baby Food values. 5 Cereals, over 66 Strained and Junior Foods.

• • •

First fruit: Gerber Strained Bananas. Now for the first time your baby can have specially-prepared bananas—the fruit recommended by most doctors for very young babies. Only fully ripe fruit (so important to digestibility) goes into Gerber Strained Bananas. Here's true-banana flavor, appealing color, and satisfying smoothness. Baby can enjoy this delicious fruit the year around.

• • •

Rainy day help. Plastic baby-clothes hangers make handy drying rods for baby's wash, come rainy days. Hang undershirts, wrappers, dresses, on 'em—then place hangers on shower-curtain rod. Tub will catch driplets—clothes will come out almost wrinkle-free.

• • •

An appetizing dish is Gerber Strained Beef Noodle Dinner. It's a savory mixture combining lean beef and tender egg noodles with potatoes and carrots. Gerber Strained Beef Noodle Dinner provides baby with a good source of energy-giving carbohydrates and strength-giving meat proteins. Delicious and nutritious. Gerber-Ogilvie Baby Foods Limited, Niagara Falls, Canada

New Ways to Cake Cutting

Food Editor Helen Gougeon supplies some interesting diagrams showing new ways of cake cutting in The Standard this week. Also some priceless recipes for new cakes and cookies. Don't fail to add these to your recipe book. Get The Standard—on sale now, complete with magazine, 12-page novel and 20 pages of comics. Only ten cents.

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