

WOMEN

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LET'S EAT

Washing Pots And Pans Needn't Be A Nightmare

By Ida Bailey Allen

"Preparing holiday meals is fun, but washing those sticky, greasy pots and pans is a nightmare." The young homemaker sitting opposite my desk sounded a bit grim, but her face sunnied with a smile. "Of course," she added, "it's all part of the holiday season."

"Not if you use a few preventive measures," I told her. She pulled out a notebook and began to jot down my suggestions.

"First of all, line roasting pans, frying pans, and casseroles with household aluminum foil and discard it later. You don't need to buy special aluminum liners.

"Use heavy duty aluminum foil to cover the broiler.

PAPER LINERS

"Use fluted paper liners in cup cake or muffin pans, and waxed paper liners in the bottom of cake pans. Cut them yourself or let one of the children do it."

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COOK'S CORNER



Layer of canned salmon, layer of peas (drained); layer of hard boiled eggs (sliced). Make a white sauce with juice of peas and pour over.

Season with salt and pepper and dots of butter. Cover with mashed potatoes and bake.

ANNE ADAMS PATTERNS



WEEK'S SEW-THRIFTY

Beginner-simple to sew—no waist-line seam! Sew this flattering deep-yoke dress right away! Your favorite style, with softly bloused bodice, whirl skirt. Cinch the waistline with a smart belt — you're fashion-right and ready for any occasion!

Pattern 4575: Jr. Miss Sizes 9, 11, 13, 15, 17. Size 18 takes 5 1/2 yards 39-inch fabric.

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 Pattern Dept., 60 Front St. W., Toronto, Ont.

Wife Preservers



Splinters on kitchen chairs that catch stockings can be eliminated by cutting away the splinter and building up the space with plastic wood. Let the wood harden then smooth with sandpaper and touch up to match the chair.

MARY HAWORTH'S MAIL

Girl Knows Her Love Is Given To Another Man

DEAR MAY HAWORTH: I am terribly worried about a man with whom I have been in love since college days. I think I met him five years ago, and had his fraternity pin for eight months. Now I am 24, and Bob is 26.

Shortly before we broke up, we had started disagreeing over trifles; and this led to a lot of fights, which finally made us realize that we couldn't go on the way we had been. But we've been very good friends since then anyway.

Well, early last year I started dating Mike, who asked me two months ago to marry him. I have not given him an answer yet, because since he proposed I have done a lot of thinking and I honestly feel that I will always love Bob. Although Mike is wonderful to me, I think it will be wrong for both of us if I marry him.

ASKS ENCOURAGEMENT

All my friends say they wish Bob and I would get back together again, and that I could win him back if I try. If I could, I would be the happiest girl in the world, I believe. But I don't think I can — and feel that I know him well enough to be able to tell.

At times when I am around him, I think I'd have a very good chance of getting him back; but always something happens to discourage me. Everyone tells me I have no self-confidence, which is quite true. I have none whatever and it bothers me because I wasn't that way until Bob and I broke up.

For me there is nobody else but Bob. I know that. But I have no idea how to get him back. If there is any help you can give me, it would be more than appreciated.

MOVES MOUNTAINS

DEAR K.Y.: As the saying goes, "It's all in the mind." The story of human achievement boils down pretty much to that. It's all in the mind. Also it is a social axiom that "Any woman can win the man she wants" — provided she cares enough to persevere, and make up her mind to do it.

The social scene affords abundant evidence that feminine self-confidence and persistence move mountains. Recently, for example, a widely publicized marriage was made between a famous man and a pleasantly attractive divorcee; and well-wishers murmured: "Remember, she said 20 years ago that she was going to marry him some day — if it was the last thing she ever did." (Aside: It looks as if the alliance will last.)

Obviously a natural attraction and an emotional attachment of sorts exists between you and Bob, or you wouldn't continue to be that friend in the wake of a broken romance. Significantly, in his presence you have flashes of feeling that you'd stand a good chance of winning him back — which means that a spark of real mutuality still glows; and that you are conscious (momentarily) of your appeal for him.

ACT ALIVE

But your defeatist approach to life, your ingrained notion that "dreams come true" are not for you, tends to drain your personality in relation to Bob. I gather, just because he is, for you, the indispensable man, with whose allegiance you can't be happy, you are tense and dejected, rather than blooming, in the role of the girl who loves him best.

By contrast, in relation to Mike, who matters less — whom you can take or leave — you are a different person. I am sure, more magnetic and more companionable, because more relaxed and more nearly yourself. Therefore he's charmed and wants to marry you. To change your luck with Bob, try to be this girl in his presence.

If you love him, don't make it a problem. Love him (in your mind and heart) without fuming and fretting. Let acceptance shine from your face and deportment, in buoyant spirit. Praise him sincerely, as occasion suggests. Relax in the friendship. Have fun; be gay and affirmatively when he talks, or refers to himself. In short, come out of your shell and be cordially alive. The net results for you will be all to the good.

Meanwhile, ask Mike to give you six months in which to decide about him. M.H.

MORNING SMILE

He—"It will be perfectly simple for us to marry, dear. My father's minister."

She—"O.K., let's give it a try. Mine's a lawyer."

FOR YOUR CHILD'S SAKE

Remember These Vital Laxative Facts!

Ex-Lax is effective, but in a gentle way. It won't weaken or irritate your child. It won't make him feel bad afterwards.

Ex-Lax can be given to your children with complete confidence. It has a fine chocolate taste, and its action is dependable and thorough.

Ex-Lax is one laxative that avoids extremes. It works gently and effectively at the same time. In other words, Ex-Lax is — the Happy Medium!

EX-LAX

The Cholesterol Laxative Still only 15¢ or 35¢.



DOUBLE RING CEREMONY AT SOURIS

A floor-length gown of white nylon net over satin with matching bolero and fingertip veil was worn by Miss Anna Praught, when she became the bride of Mr. Francis McIntosh in a double ring ceremony at St. Mary's Church, Souris. She carried a nosegay of pink carnations.

The bride is the daughter of Mr. and Mrs. Frank Praught, and the groom's parents are Mr. and Mrs. Andrew McIntosh. The bride, given in marriage by her father, carried a white prayer book, the gift of the groom.

KEEP IN TRIM

How To Be Normal Weight And Streamlined Too!

By Ida Jean Kain

Try this on for size: You like that slim feeling, with waist willowy and hips trim. But you look your best and have more vitality at your present weight, which is about six pounds above your streamlined level. Restore elasticity to the figure controlling muscles and you can be svelte at your best weight.

It's a happy fact that with a daily stretch-bend-swing session, you can soon look five to seven pounds slimmer than you actually weigh. And you'll feel young and supple. View callisthenics in this light and you'll be eager to take them. Music sets the rhythm, so turn on the music and s-t-r-e-t-c-h.

After reading your letters for many years, I've concluded that too many women diet and not enough take streamlining measures. We've sold exercise short. Let a girl view herself in a fashionable long-stemmed frock and dislike the view in the mirror, and she will scream that she has to take off ten pounds! Like as not her weight is normal, but her figure has gone soft around the boundaries. Exercise will help her figure far more than diet.

ELEANOR ROSS

For a formal table, a Lazy Susan serves very nicely as a centerpiece. Put your imagination to work and use tiny ceramic birds, little twigs and branches and snow which can be sprayed gracefully on a composte or fruit stand, with gilded leaves and suitable ornaments. For the top piece, use a small pineapple, which has been lacquered and its leaves tipped with silver or gold.

LAZY SUSAN CENTERPIECE

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FOR BUFFET TABLES

To add beauty to a buffet table, wire a long, plain green garland to plaster candlesticks sprayed with any desired color. You might also use plain glass or silver one.

Decorate it with clusters of blue and silver Christmas balls or with other colorful ornaments. Arrange the largest clusters in the center, slightly smaller clusters at the candlesticks and then smaller and smaller clusters as the garland trails to the end of the table. Little trees made from triangles of gilded cardboard and trimmed with tiny turquoise bows and silver balls make lovely table decorations and are pretty on the mantelpiece, too. If you have an eye for composition, spray fruit with gilt or silver. Arrange each piece gracefully on a composte or fruit stand, with gilded leaves and suitable ornaments. For the top piece, use a small pineapple, which has been lacquered and its leaves tipped with silver or gold.

SNOWBALLS, TREE ORNAMENTS, TINY VIGIL LIGHTS CAN PLAY PART IN COMPOSITION, AS LONG AS RESTRAINT IS USED. TOO MUCH OF ANYTHING AND TOO MANY ITEMS ARE NEVER GOOD.

For the lowest section, use greens, candy apples, grape clusters or holly sprigs as a border.

ALICE BROOKS DESIGNS

PENNY-SAVER QUILT

Make this hit-or-miss Endless Chain quilt by the "Penny-Saver" method! Buy a little fabric at a time, make a few blocks a month. Use colorful scraps, too!

Such a thrill to work this quilt into your budget! Easy! Pattern 7217: complete directions.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to (Charlottetown Guardian) Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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HOSPITAL FOUNDER

Foundress of the Hotel-Dieu of Quebec, first hospital in Canada, was the Duchess d'Aiguillon, niece of Cardinal Richelieu.

SQUARE COOKIES

Use an empty waxed paper box to shape square refrigerator cookies. Line the box with waxed paper and press the dough firmly into it. When chilled, slice dough for baking and you have neat, square cookies.

Nicholson-Loughlin Vows Solemnized In Brampton Church

White chrysanthemums, candelabra, palms and fern formed the background for the wedding in Grace United Church, Brampton, Ontario, on Saturday afternoon, Nov. 26, of Miss Donald Maxine Loughlin, daughter of Mr. and Mrs. H. F. Loughlin, Brampton, and Mr. Robert Alexander Nicholson, Toronto, son of Mr. and Mrs. Willard Nicholson, Mayfield, P. E. I. Rev. B. F. Enalls officiated at the ceremony and Miss Jennie Milner played the wedding music. Mrs. C. M. Corkett was soloist.

Given in marriage by her father, the bride wore a gown of delustrated peau de soie satin, featuring princess lines with a full hooped skirt ending in a cathedral train. The bodice had long pointed sleeves and a sweetheart neckline accented with pearls and paillettes. The full-length veil of French illusion was caught to a matching jewelled headdress and she carried a cascade bouquet of red sweetheart roses and stephanotis.

Miss Wilma Riddell, London, maid of honor, and the bridesmaids, Miss Kathleen Dobson, Brampton, and Miss Pearl Nicholson, the groom's sister, were gowned alike in floor-length gowns of red silk velvet with matching hats and mittens. They carried cascades of white "mums."

Groomsman was Mr. Clare McDonald and the usher was Messrs. Donald Spittle and Jerry Ingram of Toronto.

For the reception at the Yellow Briar Inn, the mother of the bride received the guests wearing a floor-length gown of teal blue silk velvet with pink accessories and a corsage of pink Sweetheart roses.

The groom's mother assisted in a floor-length gown of turquoise lace and matching accessories. Her corsage was of pink Sweetheart roses.

The bride and groom wore matching suits of grey worsted when they left for a honeymoon in Florida. On their return they will make Out-of-town guests were from Prince Edward Island: Sydney, N. S.; Ann Arbor, Mich.; Boston, Mass.; Wallaceburg, London and Alvinston.

HOUSEHOLD HINT

Before you begin a painting job, make sure that the paint is properly mixed.

To mix, pour about nine-tenths of the can's contents into an empty container, then carefully stir the material left in the can. Next, pour back some of the liquid and stir still more. Continue pouring and mixing until the entire mixture is in just one container.

To make doubly sure, however, pour the paint back and forth from one container to the other half a dozen times.

REGAL NAME

Cape Henrietta Maria at the entrance to James Bay was named after Queen Henrietta Maria, wife of Charles I.



HANDSOME CASUAL

Full-skirted fashions take on a handsome new look for holiday dress in this decorative knitted costume. An excellent choice for suburban cocktail parties, or for five o'clock dates in town, is a two-piece costume which is simple but dressy.

Tiny multi-colored rhinestones are lightly strewn over the beautifully flared tweedy skirt. Above is a smooth black cardigan that is buttoned with iridescent jeweled buttons and the same buttons stud the cuffed sleeves.

Canadians Play Santa To Children In Korea

OTTAWA (CP)—Lonely as they may be in faroff Korea, Canadian soldiers again are entertaining Korean children this Christmas season.

The 170 members of the 3rd Canadian Field Ambulance, last remaining Canadian unit in Korea, threw a big party Wednesday for Korean kids in the schoolhouse of Chinmookchong, the village "adopted" by the 25th Canadian Brigade after the Korean armistice.

The army said here the ambulance unit presented gifts to the children, dined them and then put on a cartoon movie show with mobile projector and generator.

The 3rd Field Ambulance lives in huts in a windswept valley a few miles south of the 38th Parallel. For neighbors, it has the 1st Battalion, Queen's Own Cameron Highlanders, from Scotland and No. 10 company of the Royal New Zealand Army Service Corps. The Canadian unit operates a 50-bed hospital.

Words Of The Wise

We desire nothing so much as what we ought not to have. —(Publius Syrus)

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BLITHE YOUNG BLACK We've been observing with much interest how the vogue for black has made itself felt in clothes designed for youthful wearers. Young black, when well handled, as is this number, is both demure and devastating. Silk faced peau de sole is used with discretion for a princess type dress of inky black with Lyons type velvet neckline trim-coat is worn.

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