

WOMEN

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LET'S EAT

Tasty Pork Sausage Wear New Casing

By Ida Bailey Allen

When pork sausages wear a new jacket — that's news! Furthermore, they will look more appetizing and taste even better, because, when fried, they brown more readily and the succulent juices are fully retained. The "skin" is tender, and when eaten it has a pleasant crispy bite.

The reason for this improvement? A new type of sausage casing has been made from seaweed, instead of the usual animal covering.

Processed Seaweed

Seaweed is a natural food of great nutritive value, growing in huge quantities in ocean waters. We may not realize it, but we have undoubtedly eaten processed seaweed many times these past few years, for it is an often used constituent in ice cream, packaged puddings, chocolate milk, cream cheese and salad dressings.

SUNDAY DINNER

Hot or Chilled Vegetable Juice
Roast Fresh Ham with Apples
Sweet Potatoes Broccoli
Tossed Lettuce and Cress Salad
Coffee-Custard Gel
Coffee Tea Milk

Roast Fresh Ham with Apples: Roast fresh ham will provide main dishes for several meals for a small family. Serve it fresh-roasted; sliced and heated in gravy; in pork-vegetable pie; as pork and green bean salad; or fresh pork "club sandwiches."

Before roasting, rub all over with a mixture of ¼ c. flour, 2½ t. salt, 2 tsp. monosodium glutamate, ½ tsp. pepper and 2 tsp. powdered sage. Place flat-side up on a rack in a baking pan, so it will "self baste." Do not add water to pan, and do not cover. Roast 25 min. to the pound at a steady 375 degrees F. Turn occasionally for even browning.

An hour before it will be done, arrange large "stuffing-stuffed" apples in the pan. Baste with the pan drippings occasionally. Serve as a vegetable with meat. Make gravy as usual.

Stuffing-Stuffed Apples: Wash large baking apples; hollow out for "cups"; dust sparingly with sugar (1 tbs. to six apples). Fill with bread stuffing seasoned with sage and a little fine-chopped apple.

Coffee-Custard Gel: Add 1 envelope plain unflavored gelatin to 2 tbs. cold water and let stand 5 min. Stir until dissolved.

Scald 2 c. milk in double-boiler top. Beat 2 eggs light with 6 tbs. sugar, 2 tsp. instant coffee and ¼ tsp. salt. Slowly stir into heated milk. Stir in gelatin. When dissolved, add ½ tsp. vanilla and 1½ grated nut-covered candy bars. Rinse a qt. bowl with cold water. Fill with custard. Refrigerate a minute, or until beginning to thicken, and stir. Then continue to re-

frigerate from 4 to 6 hrs., or until firm.

Unmold on a dessert platter. Garnish with remaining half candy bar cut in slices, and swirls of whipped cream or a whipped topping. If desired, mold this dessert in custard cups; it will then be firm within 3 hrs.

TOMORROW'S DINNER
Tomato Cream Soup
Sizzling Broiled Whiting
Chived Potatoes Carrot Rounds
Lemon Fig Pudding
Whipped Topping
Coffee Tea Milk

Sizzling Broiled Whiting: Order 2 lbs. whiting cleaned, dressed, split for broiling, bones removed if you wish. Brush all over with melted butter. Dust with a mixture of 1 tsp. salt, ½ tsp. monosodium glutamate and ¼ tsp. pepper.

Place skin-side up in a well-oiled pan; broil 4 in. from the heat until golden. Turn over with a pancake turner to broil and brown the other side; allow about 10 min. Garnish with lemon wedges, sliced tomatoes and water cress.

Lemon Fig Pudding: Prepare 1 pkg. lemon pie filling according to directions on box. Add ½ the lemon juice and 2/3 c. fine-chopped moist dried figs. Chill; serve with any whipped topping.

TRICK OF THE CHEF
Roll peeled whole cooked white potatoes in melted butter, then in fine-snipped chives.

Household Hint

Always wash your coffee maker thoroughly after each use. Fats and oils which dissolve from coffee during the brewing are deposited on the surface of the pot. If not removed at once, they will become rancid and taint all coffee brewed in the same pot. Make sure your coffee pot is thoroughly rinsed and sudsed each time you use it. If you don't get all the soap out, your coffee will have a most unusual flavor!

Cook's Corner

BAKED RHUBARB
Place two pounds cut rhubarb (2 in. pieces) in a baking dish (1½ qts.). Mix one cup sugar, one-eighth teaspoon cloves and the juice and rind of one orange through the rhubarb. Cover tightly. Bake in a moderate oven 45 minutes. Uncover and continue baking for 15 minutes longer. Serves 4.

BABY'S COLDS
Help Nature To Fight Them Off
Medical Science deems there is any such thing as a cure for colds — only Nature herself can do it. So when baby's sniffles, or study-breathing warn you of a cold's presence — cooperate at once with Nature. See that baby is kept warm, gets plenty of sleep and take extra care that the bowels are thoroughly cleared of harmful wastes. To do this without upsetting baby's whole system and further weakening it, try Baby's Own Tablets. Mild, yet act promptly in getting rid of irritating materials that make baby restless and feverish.

One Nova Scotia mother says: "My baby of 30 months caught a nasty cold so I tried Baby's Own Tablets and she threw this cold off quicker than ever before. I certainly am for Baby's Own Tablets from now on." Equally good for restlessness and pneumonia resulting from irregularity at toiletting time, for constipation, digestive upsets and other minor infant troubles. Taste good and are easy to take! Get a package today.

MARY HAWORTH'S MAIL

Don't See Eye-To-Eye About Child's Care

DEAR MARY HAWORTH: Sam and I have been married four years and have a son, a year old last month. I get along very well with Sam's mother, but we don't see eye to eye about the baby. However, I haven't said anything to her so far.

We see Mrs. V. from one to three times a month, for two or three days at a time. When she is here I let her have her way with the baby, but lately he refuses to go to her. The thing is, she is very possessive and demanding with him.

She compares him to other children all the time, feels he doesn't talk enough, and worries me about it. He is above-average physically and was walking at eight months. His speech is average for his age and his pediatrician says he is doing wonderfully.

But the problem is that with summer coming, Mrs. V. wants to take the baby with her for a while. She has a stepdaughter, 14, whom the baby loves very much (Mrs. V. is somewhat jealous of this). She has a store which she keeps open from 7 a.m. to 8 p.m., so she couldn't possibly give all her time to the baby. But she feels that she and the stepdaughter can manage.

Man Inclines Toward Mother

At times Mrs. V. is so unreasonable about things—and I am supposed to humor her, just because she is the grandmother. I know she loves Sammy, but the thought of her being able to possess him frightens me. And I know she won't be satisfied with one visit, so long as she feels she can count on more. If he goes, likely he will stay at least seven days, as she lives 60 miles away.

Am I wrong, or selfish, in not wanting him to go? Everyone I've talked to, except Sam, feels she shouldn't have her way in this; but he feels I ought to consent. What do you say? Please advise.

Protect Child From Fussy-Budgets

DEAR C. R.: I feel it would be a sort of crime against nature to give Mrs. V. her way in this matter, if you and/or your son don't relish the prospect. May I say positively, knowing all sensible minds will agree, that an infant, or a child of tender age, belongs with his mother, if at all possible, especially if he prefers to be with her, and if she is lovingly interested in his welfare.

Moreover, there is a wise folk saying that a child's second summer is one of the most risky periods of his life—a time when he needs continuous foresighted supervision, best administered by one familiar adult, who sympathetically knows his tendencies. This he needs to ward off mortal accidents and forestall dangerous infections.

Thus it would seem preposterous to take a child from his real (and devoted) mother in this season, when she has time to make him her principal concern—and turn him over to a busy storekeeping grandmother, and a teen-age girl, who naturally isn't skilled in baby care. And to do this for no better reason than to satisfy the grandma's itch to have her way with the youngster — to subject him to her theories of control, be cause she disapproves of his traits, or his mother's ideas.

Father's Slant Is White Livered

Further it is my opinion that you are making a mistake—and your husband too—in permitting the grandmother to "have her way with the baby" while visiting your household. That is, if her procedures are contrary to yours, or irritating to you or the baby.

It is a natural right of childhood to be protected from selfish sentimental mauling, bossing, nagging, etc., which aunts, grandmothers and other family relatives sometimes offer in the name of love. And it is the duty of parents, or other regular caretaker, to block that sort of thing, by words and actions that teach the babybody "where to get off" (as the saying goes).

Even in the animal kingdom, amongst the birds and beasts, note how fiercely the mother defends her young from outside interference, such as Mrs. V. is aiming at Sammy. It appears your husband is a mom's boy, with judgment warped by her brand of rearing. He gives in to her, for lack of guts to defend himself;



New Hat Silhouette

A hat silhouette that has bulk and depth and yet is shallow enough to be flattering and neither hides nor disarranges the hair, is quite a trick. Laddie Northridge has solved it nicely in this handsome and attractive picture bonnet of shiny rough straw made with a thickened brim of white, gray and navy straw loops with a rounded, scalloped effect at the edge that is softly flattering.

ELLEN'S DIARY

by an Island Farmer's Wife

With an ear attuned to the coming of Spring and it's verdure, the farming continues. And we find ourself wondering if the groundhog, financial animal that he is, did find the Candlemas shadow. And do moons of colder months spending themselves in the borrowed time of successive months, portend a late Spring? If the grass of Autumn is still green beneath the snow, what does that indicate? So we go over old sayings, old signs, not that we set much store by them in the modern set-up of weather forecasting we enjoy, nevertheless these come to mind these days when we overhear the farmers take soundings of the depths of their stores of feed about: the grain and the hay, the turnips and mangels, the bedding-straw which has a way of vanishing, matching all of these with the mouths they must feed, the beds they must make comfortable past Mayday and beyond to the pasturing.

They look back to previous years to determine the approximate date when the flock of sheep, and a bit later, the young cattle of the herd went to pasture and reckon "you just never can tell" when Spring will unroll her emerald carpet and spread it prettily along the fields of our valley.

Meanwhile the round of farming goes on, with now and again new-born creatures arriving to add to the cares of the choring. Here piglets nurse to the opening bars of a gentle lullaby presented by the mother. How pink and warm—and eager they are as they appropriate individual rights at their lunch bar! And then satisfied, how content in sleep.

There a calf breakfasts somewhat noisily, nose lost in a pail, the milk warm and nourishing, the farmer has just drawn from the cow.

"That one!" Mack looked his surprise when on an early day of our return to Alderlea, we made the rounds of the stables together.

"Hah!" he chuckled "you should know her. That's the 'house-cow'! I guess you just forgot, didn't you? We use her milk; the rest that are milked—it all goes to feed the calves. . . . She's not a bad cow neither; gives a nice drop, and it's rich. That's her mother" he nodded to one standing down the line of stalls. Come with me to the other stable and I'll show you her last year's calf." A chip off an old block, this lad of past-

but on behalf of his son, he ought to get strong. My advice is keep Sammy home where he belongs; and if Mrs. V. fights that, she's wrong.

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Keep Your Kitchen Modern With Pink

By ELEANOR ROSS
One manufacturer is helping us to keep in the pink, even in the kitchen. Browsing through showrooms while looking at merchandise soon to come into the stores, what did we see but plenty of pink kitchen accessories.

In the Pink
Items displayed included a pink-painted metal dispenser for paper towels and wax paper, plus a shelf for soap and cleaners. Attached to any kitchen wall, it is going to bring cheer into the home workshop.

Then there's a pink bread box with built-in cutting board and a whole lineup of pink canisters.

Up to Date
So if you want to get in style, how about giving those plain old white canisters a going-over to make them pink?

New, too, are fancy pillows that come without pillow cases. Very practical, since the new pillow will not wilt, sag or mat. It is made of a synthetic fiber both inside and out, and so is easily washable.

In place of a pillow slip, the outer surface is painted with a

with diamonds as she walks the quiet fields and the bridge of moonlight which now spans the millpond. . . . Frost gems these are.

"A frosty night!" the younger farmer offers, coming in to say his "Good Night."

Crack without. But within, a crackling hearthfire, a singing teakettle, comfort and light in "this dear hut" that is Home.

Until tomorrow . . . Diary . . . Good night . . .

MORNING SMILE

"I'm told he has more money than he knows what to do with."

"Has he really? Such ignorance must be bliss."

Secretary's Spread A Hazard

By Ida Jean Kain
Girls who use their heads need not lose their figures. A group of white collar workers have written to request special exercises to counteract the effects of sedentary work. Smart girls! They refuse to settle for the secretary's spread.

It's really a blessing in disguise that office workers are threatened with the desk chair spread. Otherwise it would be too easy to skip all conditioners. To keep the figure trim, exercises

Movement: Flex right knee vigorously toward chest as both arms are circled around on floor until stretched to full extension beyond head. Hold. Swing arms back down to sides and return foot to bench. Flex left knee and again circle. During the circling movement, keep backs of hands on floor, for this pulls shoulders into line. Repeat 6 to 12 times, always holding at the height of the up-stretch.

To slim the waist section, add a twist. (Skip this twisting exercise if your back is not normally strong.)

Position: Lying on back, elbows bent, hands clasped behind head. Have left knee bent foot on floor, right leg straight down.

Movement: Pull up and in firmly with girdle muscles, then twist gently at waist and touch left knee point to floor at far side of right thigh—hold. Change position of legs, and twisting gently at waist, touch right knee point to floor. . . . again holding.

To reach big hip muscles and tone abdominals:

Position: Lying on right side, legs straight down, left leg on top of right. Palm of left hand braced on floor for support.

Movement: Swing top leg forward, then swing vigorously rearward. Hold for a slow count of five, and continue swinging 12 counts. Change sides and repeat. Good muscle tone not only makes for a neat and tidy figure, but adds that extra fillip of well being.

Position: Lie on back on floor with feet elevated to low bench, arms down at sides, backs of hands on floor.



Miss Summer

Enjoy **McLARENS OLIVES** Everybody else does!

FAMILY FAVOURITES FOR 70 YEARS

BABY'S COLDS

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How do they make it SO SOFT?

He depends on your love and understanding to guide him . . . and on your wise care to maintain his health and contentment. One practical way to add to his comfort is by choosing a soft tissue that won't irritate his sensitive skin . . . one that is gentle and snowy pure yet firm and absorbent, too. Purex beyond all others leads in these soft, safe qualities. It is mother's favorite for baby and family, too.

DUREX TISSUE

ALICE BROOKS DESIGNS

SMART TO MAKE

MATCH a new handbag to a dress! Make one, two or three this tote-bag in a jiffy. Choose terry-cloth or denim for the larger one—it's a beach carry-all! Pop everything into the tote-bag! Pattern 7213; directions for two sizes, larger 10 x 12 inches.

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!

ANY TIME — it's fun for

KING COLE

7213

by Alice Brooks

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DUREX TISSUE

ANNE ADAMS PATTERNS

HALF-SIZE ENSEMBLE

Pretty scallops form the graceful lines of this ensemble — so flattering to the shorter fuller figure! You'll wear the dress for sunning—cover-up with the clever bolero. Both are easy-sew — proportioned for perfect fit!

Pattern 4632: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ dress takes 3½ yards 35-inch fabric; bolero, 1½ yards.

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

Send **THIRTY-FIVE CENTS** (35c) 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.

4632
14½-24½
by Anne Adams

Mrs. C. Roy Slemmon To Model at Red Cross Fashion Show

OTTAWA, (CP)—Twelve prominent Ottawa women, including the wives of opposition leader George Drew and Health Minister Martin, will model Saturday at a fashion show in aid of the Red Cross.

The show in the ballroom of the Chateau Laurier will be opened by Mrs. C. D. Howe, wife of the trade minister.

The other models will be: Mrs. Michael Saul Conroy, wife of the Israeli ambassador; Countess Francis de Hemricourt de Gruenne, wife of the military attaché for Belgium; Mrs. C. Roy Slemmon, wife of the chief of air staff; Mrs. A. H. J. Lovink, wife of the Netherlands ambassador; Mrs. J. E. van Ierssen, wife of the Netherlands military attaché;

Mrs. Roger Rowley, wife of the commander of the Second Infantry Brigade, Edmonton; Mrs. George F. Davidson, wife of the deputy welfare minister; Mrs. Lopez Chicheri, wife of the commercial attaché for Spain; Mrs. Gifford Scull, wife of the United States naval attaché; Mrs. Enrique Quintana, wife of the Argentine councillor.

They will model afternoon and evening wear designed by Canadian and American dressmakers. Original Canadian designs of the Association of Canadian Couturiers will feature the show.

Take of the month

so high! so light! so fresh!

mmm...maple cream cake!

That frosting is as Canadian as Maple syrup on snow! So is Shirriff's White Cake Mix, for that matter! For a Maple Cream Cake that's blissfully smooth-textured, creamy and rich-tasting just add a teaspoon of Shirriff's Maple Extract and the extra richness of a cup of dairy-fresh milk to a Shirriff's White Cake Mix. Fill and frost it with 7-minute frosting; then top with this Maple Cream Topping.

MAPLE CREAM TOPPING
To ¼ cup brown sugar, add 2 tbs. water. Boil to soft ball stage. Then remove from heat—add ¼ tbs. butter, ¼ teaspoon Shirriff's Maple Extract. Beat 'til creamy, pour over cake.

fresh milk makes a fresher, lighter, better keeping cake!

Shirriff's
white cake mix