WOMEN

KEEP IN TRIM

Gain Needn't Follow Stopping Smoking

By Ida Jean Kain

The fact that so many former smokers have piled on unwanted pounds after they stopped smoking is responsible for the widespread rumor that a weight gain is inevitable. Don't believe that rumor! Only an excess of food can add pounds. A conviction in your own mind that a weight gain is not inevitable can keep your weight on the safe and svelte side.

True, when smoking is stopped, it is a physiological fact that the appetite is increased. The taste buds become sharpened and food tastes better, so one tends to eat more. Also, there is some evidence that smoking mildly depresses the appetite. However, when kept under control, this increased appetite is only temporary and soon adjusts to body needs. There is no chemical change occurring in the body and assimilation of food remains as before.

Nutrition know-how can be of help to you during this adjustment period. Experiments indicate that the blood sugar level is a factor in appetite control. The protein foods which help maintain blood sugar levels sustain energy and stave off hunger. So when smoking is stopped, it is important to keep protein high.

There is a better carry-over of energy when a complete protein is eaten at each of the three daily meals. For breakfast, have an egg or two; at lunch, fish or lean meat plus skim milk in soup or as a beverage; for a late afternoon pick-up, have a glass of buttermilk or skim milk, a hard cooked egg, a wedge of cheese, or cocoa made with skim milk; and at dinner, include a liberal serving of meat.

Another factor is this: Authorities point out that smoking gives oral satisfaction. Food in the form of snacks is used to provide this oral satisfaction when smoking is stopped. Here we are dealing with habit. A recognized way to break a habit is through substitution — but in this case, the substitution can become fattening habit. So keep your "snacks" low in calories — have a dish of crisp celery stalks, cauliflowerettes and carrot slivers nearby, so you can crunch on these when you get the urgent desire to reach for a cigarette.

One reader wrote that she solved the problem of what to do with her hands by taking up knitting. She wound up with a new dress. Another suggestion is to keep a ball of "silly putty" nearby — and when tempted to smoke, occupy your hand with this intriguing diversion.

Use nutrition know-how and you need not go hungry nor pile on pounds when you stop smoking. And here's a promise — when kept under control, the sharpened appetite levels off in a few weeks.

Best Cultivation Gives Garden A Close Shave

Cultivating the garden not only benefits the plants, but gives posture training to the planter.

No garden technique has been more changed by research scientists than cultivation. It used to be thought that the deeper the soil between plant rows was stirred, the better for growing plants. Tools were devised to sink into the soil, and it took a strong man to use them.

That burden has been lifted from the amateur, by tests which proved that deep stirring of the soil was actually harmful. It disturbed feeding roots which the plants needed, and lost moisture which they could use. Today correct cultivation of a garden is no more difficult that sweeping a floor.

The research scientists, in fact, say that the secret of correct cultivation is to take it easy. Cultivation should begin as soon as the young plants begin to grow.

At this stage if the soil between plants is stirred it will be found to be full of tiny white sprouts, which are weeds, beginning to develop.

One easy stroke of a sharp hoe or cultivating tool will destroy scores of them before they have begun to compete with the vegetable plants for available plant food and water.

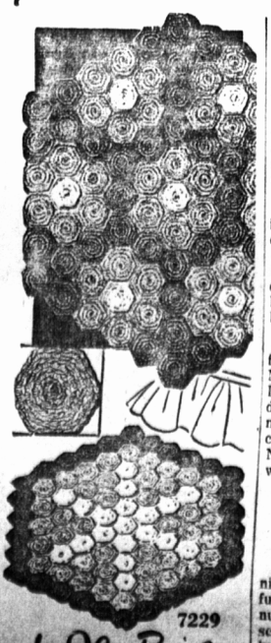
As long as weeds are killed in infancy, cultivation will be easy, but once they are allowed to begin substantial growth, not only do crops suffer, but work will increase, and the care of the garden may become a chore.

It is seldom necessary to stir the ground deeper than one inch. This is sufficient to kill young weeds, without disturbing the roots of the vegetable plants. It also breaks the soil crust, and allows air and water to penetrate readily.

Besides destroying weeds in the space between rows, those which grow in the row itself must be pulled when tiny. This requires hand work, and is always tedious, but if attended to promptly it takes little time, and once the vegetables have become well established, hand weeding will be unnecessary.

Free air circulation in the soil has been proved to be a vital factor in the growth of plants. In properly porous soil there is a complete change of air to a depth of eight inches every hour. When the soil becomes compacted and crusted on the surface, this exchange is seriously hampered. Crust formation can be checked by various methods, including the application of a mulch, or by growing a living mulch of fescue grasses. But lacking a mulch frequent shallow cultivation is necessary, especially after every rain.

ALICE BROOKS DESIGNS



JIFFY-CROCHET !

It's so EASY to crochet this attractive rug for your home — by joining pretty hexagon designs!

Pattern 7229: Jiffy-crochet! Join 4-inch hexagon designs to make any size rug you wish. Style shown above measures 38 inches, in rug cotton or candlewick.

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!

Household Hint

Small scratches on walnut furniture may be removed successfully by cutting a walnut or Brazil nut in half and rubbing the scratch vigorously with the freshly cut nut. The oil from the kernel will refinish the wood.

WINNIFRED NEWMAN MAJOR MOASE

Engagement Announced

The engagement is announced of Winnifred Pearl, daughter of Mrs. D. C. Montgomery and the late D. Edison Newman, Hunter River, to Robert Major, son of Mr. and Mrs. Major Moase, St. Eleanors. Marriage to take place at Hunter River United Church on June 4.

LET'S EAT

Cultured Sour Cream Has Low Calorie Cou

By Ida Bailey Allen

"Commercial sour cream has a delightful flavor. In my opinion, cultured sour cream belongs in the glamour class."

"I agree, Chef. It is also much less expensive than heavy sweet cream, and can be used in dozens of ways."

"Some people are not taking cream in any form, Madame, because of the waistline."

Made from Light Cream

"But they can have a reasonable amount of commercial sour cream, Chef. Although it has the consistency of heavy sweet cream, it is made from sweet light cream, the 'culture' consists of friendly bacteria which, when added, cause the cream to thicken and assume its pleasant flavor."

"How many calories to a tablespoon of cultured sour cream, Madame?"

"Only 30, Chef, a third less than heavy sweet cream, and two-thirds less than a tablespoon of butter, margarine or salad oil.

Add Lemon Juice

"Sour cream is delightful laced with lemon juice for salad dressings or a sauce for fish; used plain, it combines tastefully with baked potatoes, cooked cabbage, carrots or string beans. With the addition of a little honey and lemon juice, sour cream is a perfect finish to fresh fruit cup, fruit gelatine, pancakes and spicy gingerbread."

TOMORROW'S DINNER

Tomato Bouillon
Pork Chop-Potato Pancake Platter
Steamed New Cabbage
Dandelion Greens
Strawberry Gelatin
Sour Cream
Coffee Tea Milk

Pork Chop-Potato Pancake Platter: Cover 6 good-sized pork chops with a mixture of 1 c. dry bread crumbs, 1 tsp. salt, ½ tsp. monosodium glutamate, ¼ tsp. pepper, ½ tsp. opwdered sage and 2 tbs. melted fat. Arrange on an oiled sizzling platter or good-sized pan lined with aluminum foil. Bake 5 min. in a hot oven, 425 degree. Reduce the heat to 350 degrees F.; bake 25 min. Baste twice with 2 tbs. vegetable oil or melted fat. Five minutes before they will be done, top each chop with a thin slice of tomato dusted with salt and pepper. Surround with potato pancakes. Garnish of parsley.

Strawberry Gelatin with Sour Cream: (Makes 1 small basket of strawberries serve 6). Prepare 1 pkg. strawberry-flavored gelatin according to directions but add 1 tsp. lemon juice and 1/3 c. sugar. Refrigerate 30 min. Stir in 1 small basket washed, drained, hulled, sliced fresh strawberries. Refrigerate until firm, about 3 hours. Serve with slightly sweetened commercial sour cream.

SUGGESTION FROM THE CHFE

Top each cup tomato bouillon with ½ tbs. commercial sour cream and dust with paprika.

MARY HAWORTH'S MAIL

Engaged Girl Asks If Marriage Will Fail

DEAR MARY HAWORTH: Please give me your opinion on a very serious matter. I am a girl who has grown up with very high standards and moral convictions. I've led a very clean life, for which I am privately quite proud. I have a good education and a good family background.

For the past four months I have been engaged to marry Tom, whom I love very much. He has a very good future in prospect and insofar as I know we are well suited for marriage.

The problem is that recently while petting we lost our heads and made a terrible mistake. Can we be happy in marriage with this memory haunting us? Is there danger that this mistake will cause Tom to begin to doubt my past, and become ashamed of me? I feel that it was our mistake, that we are equally responsible; so I am willing to try to live it down, by giving greater love and understanding in marriage.

However, I've always heard that a man is not forgiving in such a situation, and will never respect a girl who is indiscreet—even if she is the girl he loves. Should I give up the idea of marriage to Tom and let him go — to find another woman whom he can love and respect completely?

E. V.

Educator Writes Frankly To Youth

DEAR E. V.: For a frank consideration of the delicate implications of your problem, you might read Ralph Eckert's pamphlet "So You Think It's Love!" Prepared by a consultant in adult education, the pamphlet is obtainable for 25c at 22 East 38th Street, New York City 16.

This guide book for young people discusses dating, necking, petting and going steady, and the emotional pitfalls that youth should avoid. There is a section titled "Engagement and Marriage," and under this heading the problem of premarital sex is reviewed.

Here Mr. Eckert makes the point that "The more a boy loves a girl in a mature and wholesome way, the more he is likely to exercise restraint before marriage. But if a girl loves a man the more she wants to please him. Men have often taken advantage of this by professing love they didn't really feel."

The foregoing sound appraisal, of the good and the bad in male psychology, has a bearing on the theory you've heard, that "a man isn't forgiving in such a situation, and will never respect a girl who is indiscreet — even if she is the girl she loves." In general the unforgiving male is either looking for an excuse to break off, or he is compulsively promiscuous and unconsciously so steeped in self-contempt that he involuntarily despises the girl who loves him on his terms.

Hasty Marriage Breeds Divorce

The essentially decent, genuinely devoted swain endowed with a wholesome attitude towards sex certainly won't indelibly damn his fiancee (in his thinking) if they yield unexpectedly to a moment of temptation — immediately repented. Rather, he will be more concerned about his own failure to safeguard his beloved, than critical of her defection; and he will resolve to give a better account of himself thereafter, to preclude any further cause for regret. He won't harbor the memory, except as a reminder to govern himself.

As to whether you should give up the idea of marrying Tom, perhaps Mr. Eckert's pamphlet will shed light on that too. He says (page 28) that a study of divorce, over a period of 10 years, shows hasty marriage is the principle cause of divorce. He concludes that most divorce is due not to much to marriage as to courtship failure. Given a really satisfactory courtship, either a couple becomes well prepared for marriage; or they discover they have too little in common to be congenial partners, he reports.

M. H.

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

CST. "MAC" MacDONALD AND ATTENDANTS

Photographed following their marriage are Cst. and Mrs. John "Mac" Macdonald and their wedding attendants. The bride is the former Eileen MacArthur of Charlottetown; and reading from left to right are the groom, Cst. John Macdonald; the best man, Sgt. Sterns Webster; the bridesmaid, Miss Jean MacArthur; and the matron-of-honor, Mrs. Clarence MacPhail. — **(Craswell Photo).**

Roses, 'mums, and potted ferns decorated the Baptist Church, Charlottetown, on Monday, May 2, 1955, for the marriage of Margaret Eileen, daughter of Mr. and Mrs. Teodore MacArthur, Charlottetwon, to R. C. M. P. Cst. William John Roderick, son of Mr. and Mrs. Roderick Macdonald, of Napanee, Ontario. The double-ring ceremony was performed by Rev. Harold Mitton. Organist for the occasion was Mr. G. Thompson, and soloist was Mr. Bud McMurtry, who sang "Our World".

The bride, who was given in marriage by her father, chose a cocktail-length of white nylon net and Chantilly lace over satin, fashioned with a fitted bodice, tiny pointed collar, matching covered buttons, and long tapering sleeves which came to points over her wrists. Her shoulder-length veil of silk illusion fell from a Julliet cap, and her only jewellery was a single strand of pearls and matching earrings. She carried a colonial bouquet of red carnations with white satin streamers.

The bride was attended by Miss Jean MacArthur as bridesmaid, and Mrs. Clarence MacPhail as matron-of-honor. They were attired in similar cocktail-length gowns of red nylon net over red taffeta with white lace boleros. Both carried nosegays of red and white carnations.

The best man was Police Sgt. Sterns Webster and ushering were R. C. M. P. Csts. Jack Fraser and Dick Sexton.

After the ceremony a reception was held at the home of the bride, where a two-tier wedding cake flanked by white candelabra centered the bridal table.

After the reception the newlyweds left on a honeymoon trip to the New England States. The bride's going-away costume was a navy suit with white accessories, and a corsage of red carnations.

Out-of-town guests present at the wedding were Mr. and Mrs. Roderick Macdonald, Rod, Bert and Adele Macdonald, Mrs. W. Macdonald and Mrs. Campbell, all relatives of the groom.

Upon their return, Cst. and Mrs. "Mac" Macdonald will reside in Charlottetown.

ELLEN'S DIARY

by an Island Farmer's Wife

With the night dim about, and the patter of raindrops instead of the silver of stars in the millpond, we came home minutes ago from the outing which had included us in the foregathering of this district's W. I. for the Maymonth.

We returned with fresh impressions of the places and people even though for the most part we have known them "always". We thought of these as forsaking the lane in favor of surer footing in the meadow beside, like a moth to the flame we followed toward the beacon which was a verandah-light James had left on, to bring us more surely to haven.

We thought of the houses of the community where we come through the months of the W. I. meetings, each different from the other and all graced with the subtle charm of the family that lives therein. It is true that the dwellings reflect the characteristics of their owners, or it may be that in the stability of old and long-settled farm-places the two go together in mind.

Certainly that which convened our gathering this evening goes well with the family there—the parents, children and grandchildren, so happy and hospitable and gracious it is. It is surrounded by lovely old trees, and in summer one comes to it along an avenue of green. It has a broad winding stairs and rooms which were partitioned in an era which knew nothing of restricted spaces in farm-homes, a nice place for children to grow up in, to have and remember always as home.

• • •

We came home with increased admiration for the young farmwives of these days, who pilot their cars along rain-slippery byroads and lanes with confidence and ease.

"You will have no difficulty from here in along—you're almost home anyway" we said to the two who set us down at lane's end. But some degree of our concern for their continuing safety in the circumstances must have been apparent for they laughed and offered in the optimistic spirit of the age: "We'll be alright—if we can't make it driving, we can walk!"

We admired too the women of the W. I. all extremely busy at this season, who could take time off and forgetting for a while "dull care," be the better for their foregathering . . . All enjoyed the special feature of the evening, the talk by the green-thumbed gardener who out of her lengthy experience and fund of knowledge gave much encouragement and advice to the farm-wives in humbler efforts. And shared the beauty of her gardens—past by pictures of amazing loveliness, in line and color and blendings shown.

"It doesn't take much to make a beginning" she said, "a few perennials, a few annuals . . . a keg of earth, a windowbox, a root or two, a slip, some seeds, and you will be surprised at the way you will be repaid in beauty about."

"Ellen" that is James' voice obviously troubled over our loitering here, "is that you? And have you no thought for the morning!"

From here, all in the dark of a rainy night at the window we can reach out and touch now, yes touch, the morning of another day of May fresh and new!

Until tomorrow — — — — Diary
— — — — Good-night

Cook's Corner

LEMON GOLD CAKE

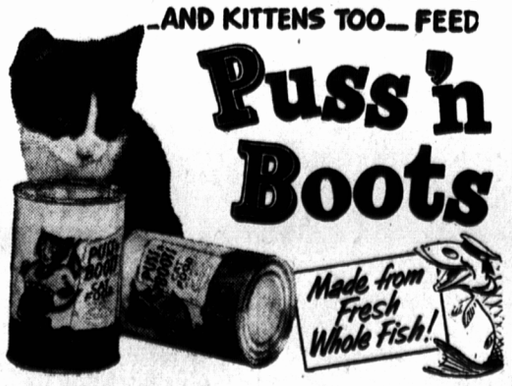
2½ cups sifted cake flour
1½ cups granulated sugar
1 tsp. salt
3 tsp. baking powder
½ cup cooking oil
6 eggs separated
¾ cup cold water
2 tsp. lemon juice
1 tsp. lemon rind
½ tsp. cream of tartar

Sift sugar, baking powder and salt in bowl. Make a well in centre and add in order oil, unbeaten egg yolks, water, lemon juice and rind. Beat with spoon until smooth. Sprinkle cream of tartar over egg whites, beat until very stiff. Pour egg yolk mixture over whites folding carefully with rubber scraper. Do not stir, just blend. Pour into 10 inch tube pan. Bake at 325 degrees F. 70 minutes. When cool loosen sides with knife. Remove and frost with lemon fluff frosting.

FOR CAT'S SAKE!

—AND KITTENS TOO— FEED

Puss 'n Boots



Puss 'n Boots is made from fresh whole fish and select cereals pressure-cooked in the can. It supplies the proteins, minerals, vitamins and carbohydrates found in salmon, beef, liver, milk and food from the table . . . including vital Vitamin D . . . conveniently and at thrifty cost.

Puss 'n Boots is especially prepared for cats and kittens, and is endorsed by Good Housekeeping Institute.

Disinfects as it Cleans and Sweetens!

Whitens linens, cottons!
Removes Stubborn Stains!
Makes porcelain glow!
Keeps toilet bowls pure!

Soaks diapers stain free!
Kills germs! Deodorizes!
Protects Family's Health!
Four handy sizes!

ISABEL MacKINNON JOSEPH BROWN

Engagement Announced

Mr. and Mrs. Urville MacKinnon, Charlottetown, wish to announce the engagement of their eldest daughter, Isabel I., to Joseph P., son of Mr. Leo Brown of Mt. Stewart. Marriage to take place at the United Pentecostal Church on May 19.

MORNING SMILE

"I don't want my face washed," cried small Betty.

"Oh, come now," Grandmother coaxed. "I've washed my face three times a day since I was a little girl like you."

Betty (looking at the wrinkles): "Yes, and look how it's shrunk."

Words Of The Wise

Not by years but by disposition is wisdom acquired.—(Plautus).

Wife Preservers

Clothespins boiled in salt brine will be toughened against splitting, and will not freeze to wet clothes on the line.

ANNE ADAMS PATTERNS

WARDROBE WONDER!

You're so smart, so right — to sew this new-season casual! It's the most versatile dress you could have in your wardrobe! Neat enough for the office — flattering enough for a special date! And made in a lustrous silk or cotton fabric — it's simply terrific!

Pattern 4878: Misses' Sizes 12, 14, 16, 18, 20. Size 16 takes 5¾ yards 35-inch fabric.

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.

Itching, Cracked Toes and Feet

Here is a clean, stainless antiseptic oil that will do more to help you get rid of your trouble than anything you've ever tried.

The action of MOONE'S EMERALD OIL is so powerfully penetrating that the itching is quickly stopped and in a short time you are rid of that bothersome fiery pain and soreness. Two or three applications before bedtime will ensure a good night's rest.

You can obtain MOONE'S EMERALD OIL at any drug store. It is safe to use—and failure even in long-standing cases, is rare indeed.

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Satin
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THE FASHION SHOPPE