

LET'S EAT

Chefs Demonstrate Art At New York Food Show

By Ida Bailey Allen

"Don't tell me that homemakers consider a cooking lecture a 'boring' or 'tiring' experience," I remarked. "It isn't necessarily so."

Dusted off and rejuvenated, they were a great success this year at the International Food Show, even to audiences of sophisticated New York housewives.

"It was a very smart idea to round up the leading international chefs of different countries to present their national dishes," observed one of the demonstrators. "It is interesting to see how they are received by all these ladies."

MANY DEMONSTRATIONS

The program states that, among others during the week, there will be demonstrations of Swiss ragout, Italian barbecued spareribs, char-broiled steak, Hawaiian chicken Momi, chicken Lafayette, a French dish, and the Mexican Chili Chicken to be demonstrated today.

With a flourish of music, the mistress of ceremonies, Home Economist Susan Adams, stepped onto the platform, and the show was on.

All measurements are level recipes proportioned to serve 4 to 6.

Mexican Chili Chicken: Melt 2 tbs. bacon drippings in a large skillet. Stir in 1/2 c. fine-chopped onion and 1 lb. chopped beef; stir to brown evenly. Add 1 1/4 c. canned tomato, 1 (No. 2) can kidney beans, 1 tbs. chili powder, 1 tsp. salt and 1 tsp. Angostura bitters (optional). Stir and simmer 30 min. While the chili is cooking, brush

WOMEN

Page 8, The Guardian Friday, June 1, 1956

HAPPENINGS

Mr. Frank Kelly, radio technician on the Distant Early Warning line, who has been stationed at Chaur-chill Inlet has arrived in Halifax for the Kelly-O'Donnell wedding.

Mrs. John A. Hughes, Springfield, is visiting in Wakefield, Mass., the guest of her sister, Mrs. W. H. Sullivan. The latter who has been spending the winter months with her daughter in Houston, Texas has returned to Wakefield.

Mr. and Mrs. R.R. Hurst, Miss Marjorie Hurst, and Dr. and Mrs. G.D. Steel, have left for Kingston, Ontario, to attend the graduation in medicine from Queen's University of Mr. David Hurst.

Mr. and Mrs. Arthur Hogan have had as their guest Mr. L.C. Hogan, Halifax, and his three

daughters, Susan, Sheila and Peggy.

Miss Frances Wilson who is on the staff of the Prince County Hospital, Summerside, will spend the weekend with her parents, Mr. and Mrs. Walter Wilson.

Mrs. Mitchell MacDonald, Mrs. Alban Murphy, Mrs. Gerald Mitchell, Mrs. James Darte, Mr. and Mrs. John Larabee, Charlottetown, and Mrs. Garnet Ross, Summerside, Abegweil division, G.I.A., returned home having attended a meeting in Moncton with the New Brunswick division of the G.I.A.

Mr. Kenneth R. Coldwell, who for the past eight months has been Trust Officer at the local branch of the Eastern Trust Company, has been transferred to the Saint John, New Brunswick, Branch effective June 1st. During his residence in Charlottetown, Mr. Coldwell has been active in St. Peter's Cathedral, where he was a member of the Choir and Laymen's Association, a Parochial Layreading and took part in the Sunday School, Radio Broadcasts. He was also a member of the Charlottetown Little Theatre Guild, the Good Companion Players, the Junior Chamber of Commerce and the Charlottetown Choral.

Mr. and Mrs. Robert Crooks are the guests of Mrs. Crook's parents, the Reverend A.F. and Mrs. MacLean, Mr. and Mrs. Crooks who were married recently in Halifax have just returned from a trip to the White Mountains.

Mrs. A.B. Cosh has returned from Ottawa where she was visiting her son, Lieutenant Commander David Cosh. Friends will be pleased to hear that Mrs. Cosh, Junior, has recovered completely after her painful accident.

Mrs. Henry Vautlet, C.R.E., Montreal, National president Canadian Association of Consumers will be registered at the Charlottetown Hotel this weekend.

The home of Mr. and Mrs. Horace Glover, Kensington was the scene of a happy gathering on Friday evening, May 18th when her friends neighbors gathered for a pre-nuptial shower in honor of her approaching marriage. Elyane, the bride-to-be entered the dining room attended by Norma MacKay to the strains of the bridal chorus played by Marlene Davison. In keeping with the occasion the dining room was daintily decorated with a pink and white streamers and a bouquet of carnations. Misses Astrid Millar and Isabelle Adams carried in the baskets of well filled gifts. The parcels were opened by Barbara Brown and Gladys Davison, the accompanying names and good wishes were read by Mrs. Willard Stewart and Mrs. Bruce Champion. The gifts were arranged by Mrs. Kenneth Blakemore and Mrs. Bruce. Elyane expressed her thanks in her usual happy manner. A dainty lunch was served. The popularity of the bride was reflected by the many lovely gifts she received and the large number of friends who gathered to offer good wishes.

On Saturday evening following the completion of the Provincial Drama Festival, Mrs. Gordon MacDonald entertained the cast of the play "Rose LaTulippe" at her home, Fitzroy Hall, Fitzroy.

Those pouring tea were the bride's grandmother Mrs. C. G. West of Epworth Park the bride's aunt, Mrs. Wilfred D. Crosby of Annapolis Royal, N.S., the bride's cousin, Mrs. Raymond Fiske of Lawrenceville, N.S. and Mrs. Arthur Doyle of Saint John.

Leaving for a honeymoon in the Eastern United States the bride wore a brown ensemble and white straw hat and white gloves. Her corsage was of yellow roses. Pre-corsage was of yellow roses. The bride was a member of the staff of the Canada Permanent Mortgage Corporation. The groom is an air traffic controller in training for the Department of Transport.

Hubby: "When anything goes wrong around our house, I just get busy and fix it."
Wife: "Oh yeah! Since you fix the clock the cuckoo bird backs out and asks, 'What time is it!'"

The average youngster will burn up energy faster than a jet bucking a hurricane. Feed him our enriched bread at mealtime and for in-between snacks.

Stewart Bakeries
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COMPLETE LINE OF BREAD PASTRY WEDDING & BIRTHDAY CAKES
161 KENT ST. CHARLOTTETOWN

For SALADS and pickling
KENT PURE VINEGARS
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KENT FOODS LIMITED
THE BEST MOST ECONOMICAL

Merry-Go-Round BRASSIERES, regular \$4.00—2.75
Some Strapless Bras. Special .. 2.75
Clearance of Wonder BRAS, reg. \$1.98—Sale \$1.00
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Nylon GLOVES, reg. \$1.98 \$1.25
First Quality NYLONS—Special 99c



MacLennan - McDonald Wedding

Wedding vows were exchanged at Central United Church, Calgary, Alberta, at 3 p.m., April 21st, when Olive Jean, daughter of Mr. and Mrs. A. McDonald of Brant, Alberta, became the bride of Mr. W. R. MacLennan of Summerside, P.E.I. Rev. Dr. G. B. Switzer officiated.

Escorted to the altar by her father, the bride wore a floor-length gown of white valencienne lace and tulle encrusted with opalescent sequins over a tulle sateen. The gown featured a neckline extending at the back into a deep v of embroidered lace, a ruffled torso bodice and a bouffant skirt with tulle insets. Her finger-ring veils of French silk illusion misted from a Watteau shepherdess and she carried a bouquet of white orchids and lily-of-the-valley.

Mrs. H. D. Wyman, sister of the groom, was matron of honour and Miss Dorothy Smith and Miss Paddy Gregg were bridesmaids. The three bride's attendants wore similar white tulle with tulle trim, poised over tulle. Their gowns, designed in strapless mode, were modified by shrug jackets over tulle bound bodices with soft bows and bouffant skirts of tulle. They wore matching pillbox hats and carried cascade bouquets of white feathered carnations.

The best man was Mr. H. D. Wyman, brother-in-law of the groom. Ushering were: Mr. Laurids MacLennan, brother of the groom, and Mr. R. D. McDonald, brother of the bride.

The wedding music was played by Mrs. Phyllis Chapman Clarke. Mr. Teddy Squires sang, "The Lord's Prayer" and "Because." The church and reception decorations consisted of white and blue carnations and white snapdragons.

Mr. Robert McFadden, uncle of the bride, proposed the toast at the reception held in the Club Sky Room. The groom responded, after which the best man, Mr. H. D. Wyman, proposed a toast to the matron of honor and bridesmaids.

The wedding cake was a three-tier one supported between each tier by pillars, topped with a vase of white roses, the bottom circled with white tulle and white roses. For travelling the bride chose a three-piece tulle and black patent shoes and bag. Her jewellery was a strand of pearls, a gift of the groom. Her corsage was a white orchid.

Following a honeymoon trip to Montana, the newly-weds will reside in Calgary.

Street. During the evening, a silver lighter was presented to the director, Ken Coldwell, who leaves shortly for Saint John, N.B.

A buffet supper for the graduating class of the Prince Edward Island Hospital was held last week at Mr. and Mrs. Walter N. Wilson's residence, Ambrose Street. The hostess was Miss Francis Wilson. After the delicious supper a miscellaneous shower was held for Miss June Semple whose marriage takes place early in June.

Mrs. Georgie Kelly and her son-in-law and daughter, Mr. and Mrs. J.J. Melsaac, Mr. and Mrs. A.J. MacAdam, Miss Florence Kelly and the Reverend James Kelly, St. Dunstan's University leave Friday, June first to attend the wedding Saturday, June second of Lieutenant Michael Carl Kelly and Miss Agnes O'Donnell, Lieutenant Kelly is a son of Mrs. Georgie Kelly and the late Mr. Carl Kelly. Miss O'Donnell was attached to the Flag Office, Eastern Division. An interesting feature of the wedding is that the reception will take place on board the H.M.C.S. Labrador.

Our bakers have A knack with dough According to The folks who know.

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First Quality NYLONS—Special 99c

Words Of The Wise
Active natures are rarely melancholy. Activity and sadness are incompatible.—G.K. Chesterton.

KEEP IN TRIM

When Reducing Slows Down, Exercise And Come Alive

By Ida Jean Kala

There's nothing like exercise to help reducing long and add that extra fillip of fine feeling. Trouble is, all too often the dieter who finds reducing slow going cuts down drastically on food in a determined effort to speed up weight loss. But that's no way to keep happy on a diet... what's needed is more exercise.

It's a scientific fact that exercise stimulates the body to burn more fat. Moreover, with little activity and limited calories, the body fires and you feel lethargic, burn low and you feel depressed. On the same diet, physical activity can cause the circulation, increase the metabolism and enhance your feeling of well being.

One of the great rewards of exercise is this... The more food you can burn along with your fat, the better you will feel. So instead of starving down the calories to semi-starvation level, have adequate amounts of the protective foods, keeping the calories around 1100 daily (1200 to 1400 for men), but step up the exercise to burn the fuel along with body fat.

WALKING IS THE BEST

Walking is the best and most natural all-around exercise to take. Time your walk to make it most effective. Don't take that walk just before eating—it will give you too much opportunity to think of food and the exercise itself can sharpen your appetite. Shortly after a meal is an effective time for walking, for body fires are more easily stimulated then.

If you walk at a moderately brisk pace, you can burn between 200 and 300 calories in an hour. It's a wise idea at first to divide the walk into several relatively short spans to avoid fatigue.

Any kind of exercise which calls for the vigorous use of many muscles and increases the feeling of well being is beneficial. Select the exercise that suits you best. The important thing is to find an activity you enjoy—for regular exercise is the tonic that keeps you going.

THREE COMMON ACTIVITIES

Discussing the role of exercise, John Tebbel, in his book "Keep It Healthy, Ad-Body." He lists three common activities which are excellent exercise and take a minimum of will power. One is walking... (it) helps to insure that legs will continue to function in old age. Another is swimming, perhaps the most universal of American sports and a good body builder in the bargain. The third is gardening... the fresh air, the bending, the squatting, and the innumerable arm movements are what the doctor would order if he prescribed exercise for you.

Calisthenics are good, too, for they can be used to exercise the particular sets of muscles in the fat susceptible areas. Stretching, side-bending, and leg swinging are streamlining sharper-uppers.

The perfect way to reduce is to combine protective diet with regular exercise. You'll not only lose the burdensome excess pounds—but you'll come alive!

Science Shrinks Piles
New Way Without Surgery
Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations.

Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place.

And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months!

In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" and "Among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing."

All this, without the use of narcotics, anesthetics or astringents of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body.

This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

Gay's Plants
Gay's annual and perennial plants are now ready for sale. Limited quantity only.

J. J. GAY & SON
Allen Street

ELEANOR ROSS Tricks In Serving

Lace is in style again, if we are to judge by the sales in the fabric departments. Homemakers seem to be using it for blouses and dresses.

As in most other things, there are tricks in sewing lace correctly. Take note of them if you are using this lovely material for the first time.

TWO SIDES

Most laces have a right and a wrong side. The side on which the cord outlining of the pattern stands out, or lies on top, is the right side.

It is easy to seam lace. Stitch it, then trim close to the second and stitching. Finish a regular seam by binding it with fine net for more strength. To prevent the seam from showing, the design of the two places may be matched, laid flat on the right side of the machine and stitched around the

pattern. It is then trimmed, thus giving the appearance of a continuous design.

LACE APPLIQUE

In applying lace by hand to another fabric, it is wise to use an embroidery applique stitch, which will enable one to catch the net and patterned portions. When using a machine, use a fine overcast stitching which catches the lace edges and fabric is best.

Along with the sewing edge there is a thread that can be pulled to shirr the lace, eliminating the necessity for additional stitching.

In machine stitching, regulate the stitch on the machine by first testing. Often, in seaming two pieces of sheer lace, sewing a piece of thin paper in with the lace is a good idea. It prevents puckering and gives an even line of stitching. The paper can be easily removed later.

As MacKenzie sang very sweetly, "I'll walk Beside You."

The bride's mother chose a turquoise faille dress with a corsage of pink rose buds. The mother of the groom wore mauve figured crepe and her corsage was yellow buds. The bride's two grandmothers looked very lovely in black dresses with black and white accessories. Their corsages were mauve and white mums.

For the reception, the bride's table, with its lighted tapers was centered with flowers and a three-tier wedding cake. Presiding at the tea cups was Mrs. Harper MacNeill of Charlottetown and serving the guests were girl friends of the bride, Gwyneth Davison, Marlene Davison, June Semple, Norma MacKay, Elaine Humphrey, Mrs. Ivan Day.

Assisting in serving were Mrs. Roy Cudmore, Mrs. Gordon Warren, Mrs. Waldon Davison, aunts of the bride and Mrs. John Burns. The guest book was in charge of Mrs. Willard Stewart, sister of the groom.

Immediately following the reception, Mr. and Mrs. Adams left on a short honeymoon. For travelling the bride chose a navy and white dress, white nylon coat, navy and white accessories and she wore a corsage of pink carnations. On their return they will reside in Margate.

Struck from behind by another car as he applied his brakes while waiting for a bus to move ahead of him a Clifton, New Jersey, driver found the driver of the car that hit him was his wife.

Adams-Glover Wedding Celebrated Last Week

The home of Mr. and Mrs. Horace Glover was the scene of a pretty wedding, on Wednesday afternoon, May 23rd at 3:00 P.M. when their only daughter, Lily Elayne, R.N. was united in marriage to Mr. Lorne Heaney Adams, son of Mr. and Mrs. Edward Adams, Margate. The ceremony was performed by the Rev. I.M. Murray.

To the strains of the wedding march, beautifully rendered by June Semple, the bride entered the room on the arm of her father who gave her in marriage. She was very charming in a floor length dress of ivory satin and her finger tip veil was held in place with a trimmed hand bouquet of American Beauty roses. Her only attendant, as Matron of honor, was her class mate, Mrs. Ivan Newell of Charlottetown who wore a floor length gown of green nylon and over tulle with matching head-dress and mitts. She carried a nosegay of yellow mums.

The groom was attended by his cousin, Mr. Ivan Daye. During the signing of the register, Mrs. Thom-

as MacKenzie sang very sweetly, "I'll walk Beside You."

ALICE BROOKS DESIGNS

SUMMER CHARMERS

Prettiest shapes of fashion—these three little hats to enhance your summer ensembles. Take them along come vacation time—they open flat to pack, wash, iron!

Pattern 7233: Embroidery transfer, directions for three hats—easy to fit any head size.

Send TWENTY-FIVE CENTS in coins for this pattern. Stamps cannot be accepted. Write to: Alice Brooks Designs, 90 Front St., West Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Two FREE patterns—printed in the new Alice Brooks Needlecraft book for 1956. Stunning designs for yourself or your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating hand-work! Send 25 cents for your copy of this wonderful book right away.

HOUSEHOLD HINT

If kitchen cabinet doors are low, as they frequently are for easy storage, train yourself to close them each time you reach into a cupboard. It will save you getting a nasty knock on the head.

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EVERYBODY'S Picking Our "Daisies"!

Our showrooms have been as busy as bees around flowers ever since Daisy Fresh bras and girdles were planted in corset departments across Canada and sales started to spread like wild flowers. It's not only because of the Sanitized process... it's the excellent fit and the feminine appeal of this completely new quality fashion line.

FASHION CO-ORDINATOR TO VISIT
MOORE & McLEOD LTD. JUNE 4 to 6

Moore & McLeod Ltd. are pleased to announce that Miss Eve Ramsay (right) Fashion Co-ordinator for Dominion

Corset Co. Ltd., will be in their Corset Department for three days from Monday, June 4th to Wednesday, June 6th inclusive.

She will act as Corsetiere-Consultant and will be only too pleased to show all the latest models of Daisy Fresh Girdles, Sarong Corsettes and Nuback Corsets.

Daisy Fresh Sanitized Bras and girdles mean:

1. Longer wearing, longer lasting.
2. Self-sterilizing, self-antiseptic in effect.
3. Non toxic; non-irritating—safe for a baby's skin.
4. Retains its deodorizing effect through repeated washings.
5. Garments as fresh when you take them off as when you put them on.

Have you any particular fitting problems? If so now is the time for you to take advantage of Miss Ramsay's skill and experience. Come into our department or make an appointment by telephoning 6541.

MOORE & McLEOD Limited

