



Women

Lena Caroline McLure, Women's Editor. Phone 8506
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LET'S EAT Files Made Of Recipes Have Proved Invaluable

By IDA BAILEY ALLEN
 Late one afternoon, there was a knock on my office door. There stood a smiling, buxom woman, with sparkling eyes.
 "I'm Mrs. Kurtzman from the pharmacy," she said. "I thought you might need these items you ordered before the boy could deliver them tomorrow."
 "Do come in," I insisted. "This is a most unexpected courtesy."
 "You've done so much for me, that I am delighted to do something for you," she said.
 "The file I've made of your recipes has proved invaluable. First when I was home, bringing up my four boys, and now when I have a job and still keep house for them."
 "Just what recipes have you been saving?" I asked.
 "The recipes from your newspaper columns, Mrs. Allen. I started collecting them in Michigan about ten years ago."
 "At the time, I bought a big loose leaf scrapbook, separated it into divisions, just the way a cook book is divided, and pasted the recipes in the divisions in which they belong."
 "INTERESTING MEALS
 "My recipe book is a good friend. It never fails to suggest ways to make our meals more interesting and, at the same time, easy to fix and money-saving."
 "Mrs. Kurtzman now lives in Farmingdale, Long Island. Her trip to accommodate me, after office hours, must have delayed her home-coming at least an hour and a half. Yes, people are nice!"
 "Tomorrow's Oven Dinner—Hot asparagus on toast, pan roast veal chops, pan roast potatoes—parsnips and onions, citrus fruit layer cake, coffee, tea, milk. All measures are level

MILLVIEW W.I.
 The January meeting of Millview W.I. was held at the home of Mrs. C. J. McKenzie on Wednesday evening January 8th. Meeting was called to order promptly at 8 o'clock and opened singing Institute ode followed by repeating Club Women's creed in unison.
 Roll call was answered by 13 members. Minutes read approved and signed and monthly statement given by secretary.
 Sick Committee reported 6 calls made and fruit treats taken Bill of \$2.55 paid. School Committee treated school children with apples at Christmas and bought dustbans for school Correspondence read and discussed.
 Moved by Mrs. Edison Drake to join Music Festival Association. Institute and school combined forces in the interest of March of Dimes Campaign. Moved by Mrs. Ralph Sanderson and seconded to donate \$12.00 for school prizes at the end of school term.
 Mrs. Milton Smith invited members to her home for next meeting. Roll call to be answered paying a penny for each letter of name. Collection 65 cents a contest was won by Mrs. Ted Crane and Mrs. Edison Drake.
 A penny auction was held and \$4.20 was added to Institute funds. Mrs. McKenzie served a delicious lunch and meeting adjourned.

CHERRY HILL CHEESE
 EXTRA OLD WINE
 OLD MEDIUM-AGED
 MELLOW MILD

IT'S SMACKING GOOD
 WINNER BRITISH EMPIRE AWARD

MILD	33c
MED.	36c
OLD	39c
DEE-LISH SPREAD	29c

P. E. I. MAC'S
APPLES 5 LB. BAG 39c
MEXICAN ORANGES 2 DOZ. 79c
LEMONS 6 FOR 33c
RIPE RUSSETS PEARS 5 FOR 29c
FIRM ISLAND CARROTS 3 LB. BAG 23c
CRISP—PASCAL CELERY 2 BIG STICKS 35c

Low prices are as good for our business as they are for your budget. They encourage customers to buy more foods—and our sales increase. Therefore, it's plain good business for us to keep ALL our prices as low as possible. We do it by searching the wholesale markets for the best buys of the week... by efficient low-cost storekeeping... and by being satisfied with a small profit. If you like low prices as much as we do—you'll love shopping at CO-OP SUPER MARKET.

SWEET PICKLED PICNIC HAMS . . . lb. 45c
CORNED PORK HOCKS . . . lb. 29c
SHOULDER PORK CHOPS . . . lb. 59c
FOR SOUP OR STEW OX TAILS . . . 2 lbs. 19c
A REAL LOW PRICE—SLICED BACON ENDS . . . lb. 39c
GOOD HOT—BETTER COLD CORNED TONGUE lb. 39c
TASTY ISLAND SCALLOPS lb. 69c

P.E.I. MILK FED RUMP ROAST LB. 45c
IT'S YOUNG, IT'S TENDER TASTY CUTLETS LB. 59c
FROM P.E.I. HOGS FRESH SHOULDER HAMS LB. 45c

MR. AND MRS. WILLIAM C. CAIRNS Happy Couple Pledge Vows At The Kensington Church

Kensington Presbyterian Church was the scene of a pretty autumn wedding when Rev. E. H. Bean united in the holy bonds of matrimony Miss Helen Ann Pendleton, R. N. of Kensington and Mr. William Cecil Cairns of Freetown.
 Mrs. Douglas Ferguson, R.N., sister of the groom attended the bride and Mr. Edward Pearson was best man. Mr. Roscoe Pendleton, brother of the bride, and Mr. Bradford Clark were ushers. A reception was held at Mulberry Lodge after which the bride and groom left for a honeymoon trip to Montreal and other places of interest.
 Before her marriage the bride was on the staff of the Prince Edward Island Hospital. Mr. and Mrs. Cairns are now residing in Freetown. —Photo by D. W. Sears.

CORNWALL W. I.
 The January meeting of the Cornwall Women's Institute was held at the home of Mrs. Otto Newson. The president, Mrs. Geo. MacMillan, presided and opened the meeting by reading a Chinese proverb, after which the group sang "Flow Gently Sweet Afton" and repeated the creed in unison.
 The roll call was answered by each member giving the history of a family, relic or souvenir, which proved very interesting.
 The Christmas donations were gratefully received by Capt. Carter of the Salvation Army, as were also the gifts to the shut-ins in the district.
 It was agreed that the card parties be carried on by the Monument Committee and that the music teachers be paid their half-yearly amount. The treasurer reported \$90.26 on hand. A letter was read from the Music Festival Association and a donation voted, and 5 members appointed to attend meetings of same.
 The School Committee reported activity, and the matter of the Black Board defects was to be given attention.
 Mrs. Jack MacPhail read the Health and Welfare questionnaire and a letter from the supervisor on making the meetings more educational was read and discussed.
 The next meeting is to be held at the home of Mrs. Douglas Matheson, when the programme committee will be Mrs. Earl Lowther and Mrs. Elmer Frizzell.
 A special collection will be taken for the "March of Dimes" Campaign.
 Mrs. Walter Gregor assisted by Mrs. Hector Scott gave a very helpful demonstration on changing a bed occupied by a patient.
 During the lunch hour Mrs. Ford Wilson put on a guessing contest which was much enjoyed.
 After a pleasant social hour the meeting closed with "The Queen."

VALUED PRODUCT
 Sesame seeds, used as a garnish on baked goods, also yield oil for cosmetics, soap and salad dressing.

DAILY PATTERN

by Alice Brooks

NEW FILET CROCHET
 Graceful cosmos make these useful dollies so unusual in design. Entirely in filet crochet except tiny scalloped edging.
 Pattern 7104: charts, directions, for 10 1/2 inch round or square dollies, 10 x 15 inch oblong. Lengthen latter to make scarfs.
 Send THIRTY-FIVE CENTS (postal) for this pattern (stamps cannot be accepted) to Charlotte Lavin Guardian, Household Arts Dept., 60 Front St. W., Toronto.
 ADDRESS: PATTERN NUMBER.
 FREE patterns printed in our book for 1957! Plus a variety of other patterns to order—crocheted, embroidered, huck weaving, etc. Send 25 cents for your copy of this needlework book—now!

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 SPECIALTY WHITE BREAD
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FRESH EVERY DAY AND FRESHER FOR DAYS!

Sealed - in Freshness and Flavor!

Oven-fresh and feather-light!
 Delicious Feather Buns

So easy to make! If you bake at home, make these delectable buns with fast-rising Best Yeast.

FEATHER BUNS
 Combine 1/2 c. water, 3 tbs. granulated sugar, 1 tsp. salt and 1/4 c. shortening; heat, stirring constantly, until sugar and salt are dissolved and shortening melted; cool to lukewarm. Meantime, measure into a large bowl 1/2 c. lukewarm water; crumble and add 1 cake Best Yeast—or stir in 1 tsp. granulated sugar and sprinkle with 1 envelope Best dry Yeast. Let stand 10 minutes, THEN stir well.
 Add cooled sugar-shortening mixture and stir in 1 well-beaten egg and 1 tsp. lemon juice. Sift together twice 2 c. once-sifted all-purpose flour and 1/4 tsp. ground mace. Stir into yeast mixture; beat until smooth. Work in 1 c. once-sifted all-purpose flour to make a very soft dough. Grease top of dough. Cover; set in warm place, free from draft. Let rise until doubled in bulk. Punch down dough; cut out rounded spoonfuls of dough with a tablespoon; drop into greased muffin pans, filling each pan about half-full. Grease tops. Cover and let rise until doubled in bulk. Bake in a hot oven, 425°, about 20 minutes.
 Yield—20 medium-sized buns.

FAST RISING DRY BEST YEAST
 LANE'S BAKING LIMITED
 LONDON, ENGLAND

VEAL P.E.I. MILK FED RUMP ROAST LB. 45c
VEAL STEAK IT'S YOUNG, IT'S TENDER LB. 59c
Roasting Pork TASTY CUTLETS FROM P.E.I. HOGS FRESH SHOULDER HAMS LB. 45c

CHOC. MARSHMALLOWS	1 LB. PKG.	39c
FANCY COOKIES	20 OZ. TINS	37c
P.E.I. FLAVOR-PAK WAX BEANS	2 LARGE PKG.	69c
BLUE SURF	2 28 OZ. TINS	45c
CARRIERE—CHOICE TOMATOES	EXTRA LARGE 48 OZ. BOTTLE	49c
SWEET MIXED PICKLES	48 OZ. BOTTLE	49c
BREAKFAST CLUB RASPBERRY JAM	LGE. 24 OZ. BOTTLE	49c
WHITE CROSS TOILET TISSUE	4 ROLL PKG.	49c
CASTLE TOILET SOAP	4 CAKES	25c
CANNISTER—COOKIE TIN DOMESTIC	3 LBS.	98c
SHINOLA PASTE FLOOR WAX	1 1 LB. TIN	35c

JELLO AN ALL TIME FAVORITE THE WHOLE FAMILY LOVES IT 3 pkgs. 28c
Pork & Beans GRAVES FINEST QUALITY WITH MOLASSES SAUCE 2 20 OZ. TINS 37c
COFFEE INSTANT MAXWELL HOUSE JAR WITH STARS ON TOP—SAVE 30c lge 6 oz. 1.15

CARRIERE'S SPICY KETCHUP	GIANT SIZE LGE. 24 OZ. BOTTLE	35c
SEALECT LOBSTER PASTE	2 TINS	29c
CO-OP QUALITY Chicken Haddie	2 15 OZ. TINS	39c
PORK LOAF—12 OZ. PIC Luncheon Meat	TIN	39c
PURITY—JUNIOR CAKE MIX	2 PKG.	29c
CLARK'S Tomato JUICE	2 20 OZ. TINS	29c
CARRIERE—CHOICE Peas & Carrots	2 20 OZ. TINS	35c
MOONKIST Orange JUICE	2 20 OZ. TINS	33c
VAN VALE PEACHES	2 15 OZ. TINS	39c
SCHWARTZ PEANUT BUTTER	16 OZ. JAR	37c

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