

LET'S EAT

Daily Protein Quota Available In Cheese

By Ida Bailey Allen

"How much whole milk is required to make one pound of American cheese, Madame?"

"Five quarts, Chef; more than a gallon," I replied.

"Mon dieu! Then if a lady prepares a main dish, or even a Welsh rabbit, calling for 1 pound of cheese, she is serving the equivalent of 5 quarts of milk!"

"Imagine setting 5 quarts of milk on the table and saying to the family, 'Drink to the last drop, it's the protein for today. Instead of meat, we're having a vegetable platter.'"

"Of course, they wouldn't drink it all, Chef, so they would be hungry after dinner and raid the refrigerator. But if the milk were provided in the form of a good sauce, make with a pound of cheese to pour over plattered vegetables which are heaped on sizzling hot whole grain bread toast, they'd say, 'Well, Ma! Let's have this again.'"

"American cheese or Cheddar cheese, as it is sometimes called, is a perfect animal protein. It's a real meat alternate, too, containing to the pound the equivalent of 5 quarts of whole milk with its protein, butter fat, vitamin A, thiamin, riboflavin, niacin, high calcium, phosphorus and other valuable minerals."

"That gives me an idea, Madame, for a 'never-string' Welsh rabbit."

Welsh Rabbit on Toast: In a quart double boiler top, mix 2 c. (or 1 lb.) sharp Cheddar cheese

riced or put through the food chopper, 2 eggs, tbs. enriched flour, 1 tbs. butter, 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. mustard, 1/4 tsp. paprika and 1/2 tsp. Worcestershire sauce.

Add 2 c. heated milk. Cook-stir over hot water about 15 min., or until the mixture is thick.

Then, beat briskly with a rotary egg beater. Spoon very hot over toast, heated crackers or rice.

Irish Rabbit: Make Welsh rabbit as described, adding 1/4 c. well drained, small-diced or chopped sour pickle.

Yorkshire Rabbit: Make Welsh rabbit as described, but add 1 tsp. vinegar in the Yorkshire tradition. Spoon over toast. Top each serving with a poached egg.

TOMORROW'S DINNER
New England Fish Chowder
Hot Rolls
Mixed Vegetable-Cheese Salad
Prune-Orange Compote
Vegetable Tea Milk
Mixed Vegetable-Cheese Salad: In a salad bowl combine the contents of 1 chilled, well-drained (1 lb.) can or 1 (10 oz.) pkg. cooked frozen mixed vegetables, 1 tbs. minced scallions, 1/4 c. grated American Cheddar cheese, 1/4 bunch cut watercress and 1/2 head lettuce, shredded.

Add 1/2 c. not-sweet French dressing mixed with 1 tsp. table-mustard and 1/2 tsp. mayonnaise. Toss and serve.

TRICK OF THE CHEF
Garnish prune-orange compote with flaked coconut.

WOMEN

Tuesday, Jan. 31, 1936 The Guardian, Page 3

Happenings

Miss June Grant is currently playing in the London hit "Kismet". Miss Grant is a daughter of Mr. and Mrs. Ernest Grant of Chester Nova Scotia. Mrs. Grant is the former Miss Frances Currie of Charlottetown. Miss June Grant studied at the Halifax Conservatory of Music winning a scholarship to study in England. Her goal is Grand Opera, but in the meantime she is being most successful in musical comedy. This report was made two years ago, was in another London hit "Paint Your Wagon" produced at the majestic old Haymarket Theatre.

Mr. Keir Matheson is with the African Company at Unilever House which is one of the most magnificent modern buildings in old London. Mr. Matheson spends the week-ends touring places of interest in England and spent Christmas in the beautiful Surrey County where he received kindest hospitality.

CUB AND SCOUT MOTHERS
The regular monthly meeting of the M. Auxiliary of the Basileia Scouts and Cubs was held in Holy Name Hall on Dec. 13th. With

twenty-two members in attendance. The President, Mrs. Allan MacKinnon, opened the meeting with prayer, and this was followed by roll call. The secretary read the minutes of the previous meeting and they were approved as read. The treasurer, Mrs. Gerald Mitchell gave an itemized account of the proceeds from the cake sale and lottery of fruit cake, etc., held since last meeting, and this report was most encouraging and satisfactory to all.

A delicious lunch was served by Mrs. Frank Campbell and Mrs. Lawlor.

CAPE TRAVVERSE W.M.S.
The Cape Traverse Auxiliary of the United Church W.M.S., met at the home of the president, Mrs. Hedley Lovther on Thursday, January 5th, 1936.

The president conducted the meeting. The theme was "The Call Through One's Vocation." The meeting opened with the singing of "Jesus, Thou divine Companion," followed by prayer by Mrs. John Haslam. The scripture reading taken from different chapters of Luke was read by several members. Minutes of the last meeting were read, thirteen members responded to roll call.

The officers were re-elected for the coming year and are as follows: President, Mrs. Hedley Lovther; Vice-President, Mrs. Ernest Harper; Recording Secretary, Mrs. Boyd Lowther; Correspondence Secretary, Mrs. James MacCaull; Treasurer, Mrs. Ralph MacCaull; Christian Citizenship, Mrs. Allison Harper; Community Friendship, Mrs. Hedley Muttart; Missionary Monthly, Mrs. Frank Quigley; Temperance, Mrs. Albert Craswell; Supply Sec'y, Mrs. Valhan Bell; Press Sec'y, Mrs. Morley Muttart; Candidate Sec'y, Mrs. Avalah MacCaull; Organist, Mrs. John Haslam; Mission Band Leader, Mrs. John Myers; Ralph MacCaull; C.G.T. Leader, Miss Frances Craig.

The annual reports of the various secretaries including a splendid report from the Mission Band by Elizabeth MacCaull showed a most successful year's work had been accomplished. A donation of \$10.00 were received from Miss Jean Malcom, Toronto, aprons to be sold proceeds in aid of W.M.S.

The following was reported by the Community friendship secretary for the month of December: home calls 22, hospital one, cards and letters 50.

Next meeting to be held at the home of Mrs. Harry Muttart. Roll call to be answered with the name of a Bible character beginning with the letter E. Annual fees to be paid at this meeting. Letchford, Mrs. John Myers, Mrs. M. Ralph MacCaull and Mrs. Harry Muttart.

Meeting closed with Benediction and a social hour followed.

LONG RIVER W. M. S.
The Women's Missionary Society of Long River United Ch. h. met at the home of Mrs. Oscar and Mrs. Ralph Johnstone, for their annual meeting which was held on Tuesday evening December 13, 1935.

Mrs. Ernest W. Johnstone led the devotional service, assisted by several members, reading Scripture passages suitable to the occasion interspersed with prayer and "Christmas Carols, with Mrs. Murdoch MacLeod at the piano.

The president, Mrs. Ralph Johnstone, conducted the business session. Fourteen members responded to the roll call with a Christmas verse and the minutes of the last annual and regular monthly meetings were read and adopted after which the treasurer, Mrs. Francis Paynter, gave the financial report for the year. \$229.40 had been raised and proceeds from Mission Band \$36.76 making a total of \$266.16. Nineteen members enrolled with an average attendance of 45 with five having perfect attendance. A nice donation from a former member was gratefully received.

The supply secretary, Mrs. Everett Paynter reported, 111 lbs. clothing valued at \$69.75, had been sent to Toronto and three boxes sent to Korea, during the year.

Two hundred and seventeen visits to the sick and shut-ins and (92) ninety-two hospital calls had been made during the year and two hundred and fourteen cards sent, were reported by the Community Friendship Secretary.

Miss MacCaull kindly invited the members to her home for the next meeting when a verse suitable for the New Year will be used to answer roll call. Mrs. Archie Johnstone will lead the Devotional Service and Mrs. Murdoch MacLeod will present the Study Book.

The election of officers resulted as follows: President, Mrs. W. E. Johnstone; Vice-pres. Mrs. Oliver Paynter; Secretary, Mrs. Archie Johnstone; Treasurer, Mrs. Francis Paynter (re-elected); Supply Sec'y, Mrs. Everett Paynter (re-elected); Literature Sec'y, Mrs. James Sc. and Community Friendship, Miss Mae Found; Missionary Monthly, Mrs. Health Campbell; Mission Band Leader, Mrs. Ralph Johnstone; Citizenship Sec'y, Mrs. Arthur Johnstone.

Meeting closed with the Lord's Prayer in unison.

NORTH WILTSHIRE W. M. S.
The regular monthly meeting of the North Wiltshire Auxiliary of the Women's Missionary Society was held at the home of Mrs. Wm. and Mrs. Reg. Clark. Owing to the inclement weather the attendance was small.

The worship service was led by Mrs. Wm. Clark, assisted by members reading Scripture passages.

The reports of the Sec'y's of departments were then given. The supply sec'y reported a large sale of clothing, gifts, etc. sent to stand for mid-season wear. The



Knitted Dress From Paris
This knitted royal-blue wool dress and the skirt is flared and worn designed in Paris features an open with a stiff white petticoat. (CP Photo)

KEEP IN TRIM

Outgrow The Family Tree With Some Good Nutrition

By Ida Jean Kain

If everybody calls you "Shorty" and you're tired of those corny jokes about your size, perhaps it's not too late to put nutrition to work to grow taller. One determined teen-ager brought about a near miracle.

Our hero at 17 years of age was 5' 3" tall. His dad was 5' 3" and his mother 5' only, indicating the family tree was on the short side. Deciding to take matters in hand, this young Canadian enlisted the aid of your dietitian. In two years, following a health program which put him in superb physical condition, our enterprising young man grew 7 inches, bringing his height to 6' 0".

While it is true that tall parents tend to have tall children, it might be questioned as to how much is traceable to ancestry and how much to the family food habits. At any rate, improved nutrition is adding to our national height, and children are outstripping their parents.

Toronto for overseas relief also parcels of cards sent to Trinidad. The community friendship sec'y reported many home and hospital visits made and gifts of flowers and fruit sent.

The report of the associate members sec'y showed that they had contributed \$43.00. The recording sec'y reported 12 meetings held with an average attendance of 10 members. The treasurer reported \$207. sent to Presbyterial treasurer.

The Mission Band leader reported \$41.00 raised, and the Baby Band leader \$7.00. The yearly dues were then received and the offering taken. The meeting closed with the benediction by the leader.

If you're on the skinny side, don't spoil your appetite for good nutrition with cokes and sweets between meals. No cigarettes! About exercise—the pulling of muscles on bones makes bones

grow, so don't skip gym. Our lad who grew 7 inches had daily workouts on a stretching bar and joined the school swimming team. And he didn't skimp on sleep! All the good nutrition in the world will not substitute for an adequate amount of sleep.

That's the program, teen-agers. With the will-to-do and good nutrition, you can do almost anything.



Second Semester Styles
Back at school after the holidays you'll like to have a change of costume in separates for campus and classroom. And whether you are a freshman or senior these separates will stand you in good

Mary Haworth

High Strung Girl Is Playing Havoc With A Marriage

DEAR MARY HAWORTH: I have a granddaughter, 19, who needs help, I think. She always has been highstrung. In childhood she and an older sister lived in an atmosphere of fighting and turmoil until their mother (my daughter) got a quick divorce and married another man, who has turned out to be a good stepfather.

The older sister is married now, and doing fine, but Nina, the 19-year-old, is having awful spells. She goes into rages and insults her mother's company, who all drink some (Nina doesn't like that). She has her own beautiful room, private bath and telephone. She is being spoiled, because the mother feels to blame for the break-up of the first marriage. But had she stayed, there would have been murder. I blame both, not her only.

During the first four years of the second marriage, I kept the little girls. My daughter had said she wanted a new start; and I felt sorry for the children. She wanted a good time, and I had it. My husband and others didn't want me to keep the children for her, and condemned me for doing so.

Nina is so upset. She breaks things, throws furniture around, talks terribly to her mother and the good stepfather. She calls me in another city and lies about them (I learn later). She stretches out on the floor and they say, foams at the mouth. She sees her real father, who lives in a nearby town. I try to keep out of it; but I would like your advice for her. Nina is a pretty refined girl and has a good job.

BLEND OF SICKNESS
DEAR G. W.: Nina's behavior, as described, seems to be a blend of sickness and cussedness. As for her symptom of stretching out on the floor and foaming at the mouth, this may refer to an epileptic seizure; or it may have to do with hysterical expression of frantic fury. Certainly the family ought to get specialist help in diagnosing that detail of her disorder, so as to treat it appropriately.

Nina's malevolent disposition towards her mother and stepfather, who nowadays spoil her, suggests that she is morbidly jealous of their life together; of their having each other, as partners and confidantes and love-companions. Evidently she is tiring, senselessly, on a conviction she has acquired, that she was shortchanged of the good life in her early experience. She has a complex about it. She greedily, vengefully wants to be over-compensated for what her parents, but especially her mother, "did" to her.

It seems she feels entitled to the world (of happiness) with a fence around it—obtained at the price of present misery to her mother, to the detriment of her own. Very probably she would ruthlessly break up her mother's existing marriage if she could—with no clear notion of why she'd be doing it.

TWOFOLD PLAN
It may be that Nina picked up a lot of derogatory feeling about her mother (in the wake of the marital split) from persons in your environment, who damned the proceedings and talked against your would-be helpfulness. Also possibly your concern for the children took

grow, so don't skip gym. Our lad who grew 7 inches had daily workouts on a stretching bar and joined the school swimming team. And he didn't skimp on sleep! All the good nutrition in the world will not substitute for an adequate amount of sleep.

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ELLEN'S DIARY

Women Help On The Farm

Intriguing subjects come in for a chat while we two alone about the fire. And the sticks go into pleasant winter tune and the tea kettle hums its accompaniment. With night silent at the windows and shelter and content indoors.

Tonight we listened to the others chat while we two alone about the fire. And the sticks go into pleasant winter tune and the tea kettle hums its accompaniment. With night silent at the windows and shelter and content indoors.

"He'll make a success of it," James commented, "because he's going the right way about it; he's going ahead by little-and- isn't that the best way?"

We cast on "the half and one more" which went to the makings of the thumb. Was success always and only to be measured in amounts of this world's gear? Was there no other yardstick to go by? True, folks had to maintain their credits. But were there not contributing incidentals to it as well? How had R. L. Stevenson defined the word in the now long ago?

"That man is a success who has lived well, laughed often and loved much who has gained the respect of intelligent men, and the love of children; who has filled his niche and accomplished his task; who leaves the world better than he found it, whether by an improved poppy, a new poem or a rescued soul who never lacked appreciation of earth's beauty or failed to express it and who looked for the best in others and gave the best he had."

"That man is a success," we ventured to chuckle, "who has lived well, laughed often and loved much."

"There's more to it than that, Ellen," James smiled. "Until tomorrow—Diary—Good night."

COOK'S CORNER

COFFEE FROSTING
2 egg whites
1 1/2 cups sugar
1/2 teaspoon cream of tartar
1 cup strong coffee
2 teaspoon corn syrup

Combine all ingredients in top of double boiler, stir well. Place over boiling water and beat with a beater until frosting holds its shape. Remove from heat and continue beating until frosting stands in peaks.

a too-pitying tone at times, and maybe you were especially indulgent of Nina, the younger child—so that her older sister developed more strength, comparatively.

In any case, whatever the inside story, it's plain that Nina's emotional storms at home are malicious and wilful, a by-product of tyrannical undisciplined character. The fact that she holds a good job shows that she does know how to behave. She'd be fired for disturbing the peace at work.

In my opinion, Nina should have psychiatric care; and should be required to dwell apart from her mother's home, as much for her mother's sake as her own. It does her no good to be indulged in wrecking the place, psychologically.

M.H. in peaks.

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MRS. GORDON MACMILLAN

A COUNTRY GARDEN

You cannot see, in this still snow-filled space, the things I see; Succeeding summers have not filled With brilliant memory.

Where you see smooth-drawn sheets of snow, I smell Early hyacinths; Fronting the ice-lad lilac hedge, Delphiniums crown their plinths.

Along that glimmering curve, summer reveals My flagstone path, Where rows of awarded iris stoutly led your eye.

My tiger lily's wrath, Gardeners can always visualize the garden to be, even under a blanket of snow; memories of our summer's garden help us at this season of the year and a great man once said "it is better to travel hopefully than to arrive."

Water has a healing touch, despite her winds that stormily blow; she wraps the summer-wounded earth with downy bandages of snow. Wherever snow falls, or water flows, or birds fly, wherever day and night meet in twilight, wherever the blue heaven is hung by clouds, and however stars shimmer, ever is danger, and awe, and love, there is Beauty, piousness as rain, shed for thee and though thou shouldst walk the world over, thou shalt not find a condition inopportune or ignoble.

MEMORY STOREHOUSE
In our storehouse of memory there is a place in the heart for all lovely things. They are stored with folded gossamer cloaked wings, and however dreary the day with cold and cloud or dusty duty; delight may suddenly soar with shining song-remembered beauty.

So, under the snow we remember the many lovely flowers waiting for the spring days. Now that the earth is wrapped in white snow again after the mildness of this strange season we can talk about the weather, that subject of never-ending interest and conversation. Who can fail to be interested in something which affects nearly every aspect of our lives? It is in the country that the weather more than any other factor moulds the life of the countryman, determining the amount of foodstuffs available to man, hence the population, and the areas in which man can settle.

What is it moulds the life of man? The weather: What makes some black and others tan? The weather: hat makes the Zulus live in trees, The Congo natives dress in leaves.

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that he was able to estimate the temperature to within one degree, merely by working out the different speeds of ants, and drawing up a relative timing chart.

MANY THINGS
When we think of these things a garden becomes a wonderful place full of a number of things besides the flowers growing there; and the study of the weather is an interesting hobby that is easy to ride in the country at all seasons of the year. Another accurate saying is: As the days grow longer the cold gets stronger, and some of the severest frosts are experienced in February. This saying about March coming in like a lion and going out like a lamb, cannot be relied upon but two couplets about the barometer may be taken as generally true. First rise after low, foretells a stronger blow, and a heavy one, long last, short notice, soon past. The longer the warning the longer the change of weather will continue.

If we study the Bible we may be surprised to find how many weather prophecies are to be found there. There are several concerning the south wind. It is a fact that most serious storms come out of the south, on a south-easterly or south-westerly wind. In three books of the old Testament reference is made to this "Out of the south cometh the whirlwind", is one of them. The south winds also bring heat-waves in the summer months, and turning to St. Luke we read "When ye see the south wind blow, ye say, There will be heat; and it cometh to pass." A DIFFERENT SKIES usually forms and spreads from the west, and in fine weather—if the western sky gradually becomes clouded over, and an unbroken greyish film spreads across-rain is not far distant. We see it in St. Luke. "When ye see the clouds out of the west straight away ye say, There cometh a shower; and so it is."

It is generally known that a period of drought comes on in an east wind, which is truly confirmed in Hosea "An east wind shall come, that the ring around the neck of the wilderness shall be broken, and his spring shall become dry and his fountain shall be dried up." Likewise, in winter an easterly wind current heralds an influx of severe weather, and "Shall it not and look as if they are melted together in misty clusters round the larger ones. This also precedes rainy weather: when the stars begin to huddle, the earth will soon become a puddle.

A saying that is actually based on scientific data is: Past runs the ant as the mercury rises. A directory, investigated the movements of ants under varying temperatures. He found that the higher the temperature, the more swiftly they moved, and, conversely, that when it was colder they moved more slowly. His research was confined to such a degree of accuracy

Another true "saw" is: Mackerel sky and mare's tails, make tall ships carry low sails.

This type of sky, which often looks very much like a mackerel's back or the brush of a mare's tail is always a fore-runner of bad weather—both wind and rain.

Moon and weather may change together, but the change of moon does not change the weather as some believe. It is quite true that the bigger the ring around the moon the rainier is the rain. When a rain area approaches, a ring or halo is formed due to refraction by ice crystals of the high cirrus clouds. Due to the same cause, the smaller stars will become dimmed and look as if they are melting together in misty clusters round the larger ones. This also precedes rainy weather: when the stars begin to huddle, the earth will soon become a puddle.

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