

# Horticultural Council Says Public Eating More Salads

By OLI DAUM  
Canadian Press Staff Writer  
TORONTO (CP) — In its announcement that salad week this year is to be July 26 to Aug. 4 the Canadian Horticultural Council said Canadians are eating more salads every year.

Since 1951 when the council first began promoting salads, sales of mayonnaise and other dressings have increased more than 50 per cent and vegetable consumption 25 per cent.

This could be attributed partly to publicity campaigns which the federal government and provincial governments have been asked to support. But once tried, salad became a habit in many households since they can be used the year-round almost anywhere in the menu.

## SPARAGUS SALAD

Here is a recipe designed to put the salad habit in your home:

Parboil sweetpeas for 20 minutes, adding to water a bit of bay leaf, a slice of onion and a blade of mace. Cool quickly by letting cold water run on them. Separate into cubes.

For 3/4 cup prepared sweetpeas, add an equal measure of cold cooked asparagus stalks cut in pieces crosswise.

Beat 1/2 cup heavy cream until stiff; add 1/4 tsp. granulated gelatin soaked in 1/2 tbsps. boiling water. Add 1 1/2 tbsps. vinegar. Add cream to sweetpeas and asparagus mixture and season highly with salt and paprika. Pack into molds and chill thoroughly. Remove when set to nest of crisp lettuce and garnish with selected asparagus tips, tomato sections, devilled eggs.

French dressing:

Three-quarter cup salad oil; 1/4 cup vinegar; 1 tsp. salt; 1 tsp. sugar; 1/2 tsp. paprika; 1/4 tsp. dry mustard; dash of freshly ground pepper.

Combine ingredients in a glass jar with a tightly fitting cover. Shake until thoroughly blended. Chill. Shake well before using.

limit her salad to fruits and vegetables. She can use nuts, eggs, cheese, meat, seafood or macaroni. In the courts of 18th-century nobility, some royal salad-makers combined as many as 35 ingredients.

Salads score high both for health value and appearance. Prepared mostly from raw fruits and vegetables they have a higher vitamin and mineral content than cooked foods. Even an unpretentious dish like tomato on a crisp lettuce leaf, dotted with mayonnaise, adds color to a table. And salads are as easy as much at home on a candlelit buffet as on a rustic picnic table.

Good salads are not a haphazard mixture of leftovers, but a combination of carefully-selected and prepared ingredients. Greens should be fresh, crisp and dry; fruits should be plump, ripe and juicy.

An imaginative cook needn't

# WOMEN

Page 8, The Guardian Friday, March 9, 1956

## Happenings

Mayor J.D. Stewart and Mrs. Stewart of Charlottetown and Mr. and Mrs. Alex Horne of Summerside have left on a holiday trip. They are motoring to New York from there will sail on the S.S. Nassau for Nassau.

Miss Annie Coles, Euston Street, has been receiving warmest congratulations from her many friends upon her recent birthday.

The Alumni Association of the Royal Conservatory of Music is presenting a concert in Toronto, featuring the Elizabeth Singers of Stratford. Among the patrons are Sir Ernest and Lady MacMillan and the Hon. Mr. Justice and Mrs. Barlow. Sir Ernest MacMillan will be a guest speaker in this province. Music Festival Week. Sir Ernest will deliver the Dr. Samuel N. Robertson Memorial Lecture.

Mr. and Mrs. R.R. Bell entertained in honour of Lieutenant-Colonel and Mrs. F.B. Conrad Wednesday evening at a supper party at Mr. and Mrs. Bell's residence, Brighton Road.

Margaret Truman—Now that her ex-president father has completed his two volume memoirs, Margaret, is completing her own story. The autobiography, *Souvenir*, is the story of a young girl and the people she loved best, of the White House and the Missouri home she will never forget.

Receiving guests at the meeting Monday of the English Speaking Union in Toronto will be Mrs. F.H. Barlow, Hon. Justice J. Keiller, MacKay, Mrs. MacKay and Miss Mabel Stokley. Mr. Maxwell Keys of Swanborne, West Australia, will be guest of honour. Hon. Justice Barlow and Mrs. Barlow and Hon. Justice MacKay and Mrs. MacKay have been guests in this province. The latter staying with Mrs. H.V. Dunbar at Keppoch and the late Mr. Dunbar.

Mr. and Mrs. Stanley Miller of St. John's, Newfoundland, arrived by plane Wednesday in Halifax. They are visiting with Mrs. Miller's parents Mr. and Mrs. Robert, in Dartmouth, and will arrive in Charlottetown to visit Mr. Miller's parents, Mr. and Mrs. H.E. Miller, Fitzroy Street.

Reverend Gordon Hunter officiated at the marriage of Margaret Dorothy, daughter of Mr. and Mrs. Cecil Size, and Daniel Roy MacKinnon, son of Mr. and Mrs. Carl MacKinnon, Prince Edward Island, in Asbury and West United Church, Toronto.

Given in marriage by her father, the bride wore a champagne



These handsome pumps were designed for ladies with travel and vacations on their schedule and they are certainly perfect for such holiday occasions but we admire them so much that we feel they will be just as chic and flattering when strolling on city pavements. The shoes feature a colorful innovation — light shades of leather for trims on dark shoes. In the ones shown the tips are perforated in a light shade as is the top of the light, gracefully high heel.



Well made handbags of beautiful leather are a luxurious accent to your handsome new spring clothes and if they have the added advantage of being spacious they make excellent traveling companions. One is a calfskin pouch in the newest larger rectangular silhouette with a distinctive baroque simulated tortoise shell frame. The other is also of calfskin and impressively large with a simulated gold trim frame and a wide single handle.

## These Shoes And Bags Are Good Companions

## LET'S EAT

### Apples In Any Form Are Good With Pork

By Ida Bailey Allen

"Remember, Madame," said the chef, "during the war when we had flaming pork shanks for Sunday dinner in the fascinating Pump Room of the Hotel Ambassador in Chicago?"

"The chef there told me he could not procure tender cuts of beef or lamb. So, instead, he used fresh pork tenderloin cut in strips, well-seasoned in a savory herb marinade, then slow-grilled with vegetables on brochettes and presented flaming. It was very effective. Also, good to eat."

"Good with pork," I replied. "And right now both are plentiful and reasonable in price."

"For instance, strips of raw, baked or broiled fresh pork, well-seasoned and browned in fat and combined with cooked string beans, mixed vegetables or fried onions. Baked ham hock with cabbage is an old favorite. A tossed crisp green salad is a good accompaniment to pork."

"And in every country where apples grow, Madame, they are served or even cooked with pork."

"In central Europe they use plain applesauce. In Scandinavia they add horseradish to it for zip. In France, we often saute pork chops and apple rings together."

"And in our own New England, Chef, we bake apples with pork chops."

Tomorrow's oven-dinner: Hot or cold tomato juice; pork chop-apple bake; baked potatoes; baked diced turnips; baked lemon-cherry pudding; coffee, tea or milk.

All measurements are level unless otherwise stated.

proportioned to serve 4 to 6. Chop apples for 2 tbsps. Dredge medium-sized pork chops with 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1/4 tsp. pepper and 1/4 tsp. powdered sage.

Then roll in fine dry bread crumbs. Place in a well-oiled baking pan.

On each pork chop, place 1/2 a core of unpeeled apple, brushed with oil, each dusted with 1/2 tsp. sugar. Bake 35 min. in a moderate oven, 375 degrees F.

When the crumbs are slightly browned, add water to the depth of 1/2 inch.

When half-baked, baste apples and meat with 1 tbsps. butter or margarine melted in 1/4 c. hot water.

Baked lemon-cherry pudding: 2 c. milk, add 2 1/2 c. soft enriched bread crumbs. Heat until almost boiling.

Meantime, beat 3 eggs. Add 1/4 c. sugar, 1/4 tsp. salt and the juice and grated rind 1 lemon.

Transfer to a buttered 3 pt. baking dish that can go to the oven.

Place in a large pan. Pour in hot water to 2/3 the depth of the baking dish.

Bake in a moderate oven, 375 degrees F. or until lightly browned and firm in the center, about 35 min.

When almost done, border with stoned canned red cherries.

Serve with canned red cherry sauce.

Suggestion of the Chef: For a sweet-sour flavor, season 3 c. diced cooked turnips with 2 tbsps. butter or margarine and the juice of 1/2 lemon mixed with 1/4 tbsps. sugar.

## Mary Haworth

### Hopes of Marriage Dim With Advent Of Youthful Rival

DEAR MARY HAWORTH: Jack and I have been going together 18 months and it has been wonderful. He is 36 and an excellent college graduate. He is a bachelor and is a successful professional man who is beginning to be in a marrying mood, I think—although I am not sure he is aware of this. I was divorced some years ago and have no children.

The fly in the ointment is a girl, 21, daughter of lovely people Jack through his job. Recently he has started rushing this girl. . . . And I have reason to know that she is in love with him and hoping to marry him; and he is giving her every reason to hope. He writes her regularly and goes to her every second weekend. Until recently he devoted his weekends to me; now I get one weekend and to Joe, I'll call her, gets the other.

I know that Jack is extremely intrigued by Joe. . . . He is evidently a very good-looking fellow. Nevertheless he continues the exact same warm relationship with me as ever—and occasionally rushes back from his Sundays with her to call me: just nuts and bolts, but very small pride as I do see him the rest of the time.

Recently I have accepted dates with a few other persons—and I made a point to let Jack know. He shows no jealousy, and urges me to go out with others, meanwhile taking all the time I will give him.

I want more than anything to marry Jack, but he hasn't proposed so I show no signs of doing so. In honesty I guess I'd say Joe has a better chance of marrying him than I do, for he seems rather breathless about her (even while clinging to me with enormous affection and persistence). If this thing is going to end, it has got to end soon or I will lose my mind.

Recently I have been toying with the idea of applying for a job overseas. Should I take off? I feel somebody has got to get out of here. Should I be me? If so, who?

DEAR F.F.: Since you want more than anything to marry Jack give yourself the full opportunity that conditions permit. And in my opinion, that means sitting tight, until his courtship of Joe arrives at its logical conclusion—whatever that may be. Then, if they get engaged and you miss out, you'll have no cause to kick yourself, it simply wasn't in the cards.

Assuming you lose to Joe, eventually, it will be time enough to quit the scene of disappointment, and try your luck in a job overseas. In fact, if Jack lets you down, it would make good sense to get away for a year or two, and dig into new assignments that demand your best.

Meanwhile, it seems to me that

## ELLEN'S DIARY

### A Maritime-Made Book

It was a Maritime-made book we chose for our reading yesterday afternoon, there in an easy-chair by the room-fire, while the others of these households, men, women and children were away. . . . The bird and beast of the farm, after a manner, our cares then. And for companions we had the interesting company of sparrows, with their bright-eyed sparrow, that fit and fly about the yards and come to arrange themselves prettily on the roebush beyond the kitchen-window.

We are pleased when we visit the bookshop, if among the new books there we can find one from the pen of a Maritime author, especially if it has the charm of some Maritime setting for a background. What a variety of scenes

there can be, all, to our mind, delightful: the sweet and quiet of farms, the shadow and mystery of lonely spots, the "hilltop clear" of mountains, the ruggedly grand or gently falling cliffs. And over the sight of shores and tides, the tang of washing ocean, of gulf and river and bay.

It is a good background these things, by the sea offer writers, one to encourage writings which leave only fine thoughts in the mind of the reader. No muddled, faint stream of stuff, we think they must give but the lovely "Whatsoevers" pointed out for all in a Book of books o' olden years.

The author is a New Brunswick, born in St. John, his home now is in Rothesay. He is evidently quite lovely in it, with his words "The Bay of Fundy coast with its uncrowded roads pleasantly cool summer climate, and its diversified seashore and inland scenery", where he found the setting for his book.

"Cousin Elva" it turns out, is one of the guests among the likeable assortment who vacation at the imaginary Trimble's Tourist Rest Haven, the joys and concerns of their stay being well set down in the diary from mid-May to Christmas, kept by the proprietor, Mr. Trimble.

It was either a nice compliment to the author or, as James commented when once in his presence we tittered aloof, and at length over one of Mr. Trueman's "light touches of humor", evidence of his "light-mindedness", that once we took up the tale we must read or to its close. Afternoon and evening, we read, with only time out for our supper of creamed cod and after it a dish of prunes, until we regretfully closed the book's covers and somewhat loitering after him down stairs, follow James to our bed.

Whither we go now at his yawn and March like a lamb at night-windows.

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

## MORNING SMILE

Customs officer: "Look here, mister, you told me there was nothing in the suitcase but clothing and I found a bottle of whiskey!"

Accused: "Sure, that is my night-cap."

satin dress, a navy hat, and a corsage of deep pink roses and carnations. The bride's only attendant, Mrs. Helen Bullock, wore a blue crepe dress, a pale blue hat, and a corsage of yellow roses. The groomsmen were Bernard MacKenzie.

The infant daughter of Mr. and Mrs. John Angus Hugh Gillis was christened on Sunday Feb. 26th, at St. Dunstan's Church, Fredericton, with Rev. Father Floyd officiating. The name given was Mary-Clare and the godparents were Miss Hazel A. Goan of Oranmore and Mr. Richard Creaghan of Fredericton.

Following the christening Mr. and Mrs. Gillis entertained for a number of friends and relatives at their home, Glen-Golf Club Road, Fredericton.

"Y" LADIES AUXILIARY

The monthly meeting of Ladies Auxiliary of the Y. M. C. A. met as usual at the "Y" Tuesday afternoon at 3:15 p.m. Reports of various committees were read and approved and workers were secured for the weekly suppers.

It was decided to renew our pledge of \$1,000 toward the "Y" campaign and that at the end of the year if our finances permitted to give a further donation. The remainder of the meeting was spent in discussion of the Spring Tea to be held on Tuesday.

A new member, Mrs. Cecil Woods of Central Royalty, was voted in and the meeting closed with the Mizpah benediction.

HOLY REDEEMER C. W. L.

The regular monthly meeting of Holy Redeemer sub-division C. W. L. was held in Community Center on Monday, March 5th. The president, Mrs. Fred Steele occupied the chair and opened the meeting with the League prayer.

After roll call the minutes of the last regular monthly and executive meetings were read by the secretary Mrs. John A. MacDonald and approved. The financial report was given by the treasurer Miss Mary Duffy.

Correspondence as read by Miss Stephen Connolly was as follows: Mrs. Annie MacNeill re National scholarships; Mrs. Ann Mullin re Our Ladies Missionary; Mrs. Basil MacDonald re Provincial Diocesan president, re League work; G. G. K. Peake re Red Cross Campaign; Hon. Neil Matheson and Hon. Angus MacLean acknowledging letters received; Thank-you cards from Mrs. Arthur Schyer, Mrs. Anthony Doiron, Mrs. Fred Steele,

of Fredericton. Following the christening Mr. and Mrs. Gillis entertained for a number of friends and relatives at their home, Glen-Golf Club Road, Fredericton.

Mr. John Green and the Kelly family, Alice Henessey, chairman, L. Y. C. Athletic Committee.

The following convenors were present and gave brief reports: spiritual, Mrs. Allan MacDonald; social action, Mrs. Leonard MacDonald; press, Mrs. Ivan Berrigan; membership, Mrs. Robert Gallant; finance, Mrs. Charles Smith; radio, TV and films, Mrs. Joseph Costello; program, Mrs. Alex MacLean; magazine, Mrs. Jack Martin; institutions, Mrs. Ray Dunn.

Before the business part of the meeting Mrs. Steele thanked the vice-president, Mrs. Allan MacDonald and the members for their work during her absence and also congratulated the committee members Mrs. J. A. MacMillan, Mrs. J. H. Maloney, Mrs. A. J. Dowling and Mrs. Ivan Berrigan on winning top honors at the Easter Table-Setting Contest held recently at Holman's.

It was decided to donate flowers for the church altar at Easter and to have a mass for living members on the Feast of Our Lady of Good Counsel also to contribute to our Ladies Missionary and Catholic Girl's scholarship association. Several members volunteered their services for the Red Cross Campaign. Mrs. James Coyne and Mrs. Allan MacDonald offered to take charge of the week-end card parties for the next month. A discussion took place on the purchase of new card tables and a committee was appointed to look after same.

It was also decided to purchase a rug to be used as first prize in a lottery to be held in conjunction with the annual Salad Supper to be held in May. The sub-division also plan to sponsor a concert by the Four Star Group of New York on June 2nd.

A nominating committee for the election of officers for the annual meeting was appointed consisting of Mrs. Urban Blanchard, Mrs.

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## Criss-Ross Vows Are Solemnized In Edmonton Ceremony

Baskets of white and pink carnations decorated First Presbyterian Church, Edmonton, Alberta, for the marriage on Saturday, Feb. 11, of Margaret Kathryn, daughter of Mr. and Mrs. W.N. Ross, Garfield, P.E.I., and Clarence Philip Criss, son of Mr. and Mrs. P. H. Criss, Edmonton, Alberta.

Rev. E.J. White officiated. Mr. Robert MacLeod, guest soloist, sang "O Promise Me" during the signing of the register. White soloists marked the guest party. Given in marriage by Mr. Thomas A. MacKenzie, uncle of the groom, the bride wore a floor-length gown of Chantilly lace and net over satin with long sleeves coming toilly-points over the wrists. Her fingertip veil was held by a pollock-fashioned headpiece decorated with seed pearls and sequins, and her cascade bouquet was of American Beauty roses.

The bride was attended by Misses Joanne and Denece Pierce, cousins of the groom, who wore floor-length gowns of pink and mauve, respectively. They wore matching headresses and carried nosegays of yellow and white roses. Miss Donna MacKenzie, cousin of the groom, was flowergirl and carried a basket of mixed flowers.

Mr. Harold Criss, brother of the groom, and Mr. Sylvan Otto attended the groom and the ushers were Mr. Wally Lawson and Mr. Warren Holte. Mr. Richard Criss, brother of the groom, was ring bearer.

A reception followed at the home of the groom's parents where fifty guests were served a buffet supper. The bride's table was centered with a three-tiered wedding cake and flanked by candles and pink and white streamers. Following the supper a dance was held for 125 guests at Acadia Hall.

For travelling the bride donned a charcoal grey suit with avocado green accessories and a corsage of yellow Talisman roses. Following short honeymoon, the couple will reside in Moose Jaw, Saskatchewan, where the groom is stationed with the R.C.A.F.

HONORED

Prior to her marriage, the bride was honored at two showers where she received many lovely gifts.

Don't irritate child's intestines with "too-strong laxatives"

Science at last has developed Children's Own Tablets for your protection — No cramps! No gripes! No bad taste!

Stop using harsh laxatives that may irritate the tender walls of your child's intestine, causing cramping, griping, or weak, uncomfortable feelings. Large, harsh, adult-type laxatives are often too strong for children. They work, but they may irritate the delicate membranes in the intestine. Medical science has at last developed Children's Own Tablets — clinically tested — for children's needs. . . . Clinically strong enough . . . not harsh . . . in tablet form, pleasant-tasting, easy to take! Believe me, your child will love them. . . . See if they are not an answer to your child's laxative problem.

Children's Own TABLETS

S. A. McDONALD introduces "the newest nursery star" Playtex

twinkle Party Pants

A Playtex Masterpiece

Ruffled nylon marquisette sprinkled with stars to match the twinkle in her eyes!

High Fashion for the nursery set! Snazzy nylon tulle ruffles on star-sprinkled sheer nylon marquisette (waterproof plastic lined, of course!) Soft, stretchy elastic legs and waist for smooth, oh-so-comfy fit.

Side snaps for convenient on and off! All designed to keep your princess socially acceptable — and socially adorable, too!

Small, medium, large, extra large. WHITE stars on white . . . PINK stars on white. Beautifully gift boxed in shimmering pink foil.

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Playtex Ltd. . . . PLAYTEX PARK . . . Arrgrior, Ontario.

## COOK'S CORNER

APPLE CRISP

4 large tart cooking apples  
1/2 tsp. salt  
1/2 cup all purpose flour  
1/2 cup brown sugar  
1/4 cup butter  
1/2 tsp. cinnamon

Pare, core and slice apples in thin slices. Place in oiled pan 8x8. Blend together butter, sugar and flour. Add salt and cinnamon. Sprinkle over apples. Bake at 350 deg. for 30-35 minutes.

## HOSPITAL JR. LEAGUE

The regular monthly meeting of the Junior League