WOMEN

LET'S EAT

Sunday Buffet Dinner Gives Mom Day Of Rest

By Ida Bailey Allen

Whether Sunday dinner is at noon after church, or in the evening, it is a good plan during warm weather to serve foods that can be prepared, for the most part, in advance. This takes "Mom" out of the kitchen, so that she can enjoy the day. Serve the meal buffet style and guests can be entertained without extra work.

SUNDAY BUFFET DINNER

Tomato Juice
Shrimp Dip Potato Chips
Twin Meat Loaves
Green Salad Bowl
Vegetable-Crisp au Fromage
Strawberry Ice Cream
Sponge Cake
Hot or Iced Coffee or Tea Milk

Dips used with potato chips are popular. Be sure the dip is well-chilled and that the potato chips have been re-crisped by heating in the oven. By the way, do you know the etiquette of 'dipping'? The potato chips should be dipped straight down; don't use them as a scoop, or they will break.

SUNDAY DINNER, buffet style, stars Meat Loaves. The vegetable dish is cheese-topped and there's a Shrimp Dip with potato chips.

Shrimp Dip: Combine 1 c. fine-chopped cooked or canned shrimp, ½ c. salad dressing, ½ c. commercial sour cream, ¼ tsp. salt, ¼ tsp. monosodium glutamate, 1 tsp. bottled horseradish, ½ tsp. paprika and ⅛ tsp. cayenne. Chill Serves 6.

"Potato chips are useful for many purposes, Madame," said the Chef. "Par example, as toppings for au gratin dishes in place of buttered dry bread crumbs.

"All you do is crush and use the potato chips. They are already seasoned and no butter is necessary. The resulting crunchy top is very tasty.

"Sometimes I mix a little grated cheese with the crushed potato chips. Then when it is baked, I have a dish 'au fromage,' which means 'with cheese'."

Vegetable Crisp au Fromage: Combine the contents 1 (1 lb.) can mixed vegetables with 1 c. small-cubed cooked potatoes. Next, to 1 can cream of celery soup blend in 1 c. milk and ⅛ tsp. monosodium glutamate. Add the vegetables.

Transfer to a well-buttered low 3 pt. baking dish. Cover with 1 c. crushed potato chips mixed with ¼ c. grated cheese. Bake 20 min. in a hot oven, 400 degrees F., or until the top is brown and crunchy. Serves six.

STRAWBERRY ICE CREAM SPONGE CAKE

This is quick and easy. Buy a sponge cake baked in a tube pan. To serve, heap the center with scoops of strawberry ice cream. Border the cake with halved sugared fresh strawberries. Trim with rosettes of whipped cream if desired. Serves 6 to 8.

TOMORROW'S DINNER

Grape Fruit Cup
Broiled Fish Fillets
Tartar Sauce
New Potatoes Green Peas
Rhubarb-Banana Gel
Hot or Iced Coffee or Tea Milk

THE CHEF MAKES TARTAR SAUCE

To ¾ c. commercial mayonnaise, add 1 tsp. lemon juice and 2 tbs. each pickle relish, minced parsley and minced scallions or chives. If you like, add a few capers.

Cook's Corner

STRAWBERRY JAM

3-¾ c. prepared fruit
¼ c. lemon juice
7 c. sugar
½ bottle liquid fruit pectin

To prepare the fruit: Crush completely, one layer at a time, about 2 quarts fully ripe strawberries. Measure 3-¾ cups into a large saucepan. Add ¼ cup lemon juice.

To make the jam: Add sugar to fruit in saucepan and mix well. Place over high heat, bring to a full rolling boil, and boil hard 1 minute, stirring constantly. Remove from heat and at once stir in liquid fruit pectin. Skim off foam with metal spoon. Then stir and skim by turns for 5 minutes to cool slightly, to prevent floating fruit. Ladle quickly into glasses. Cover jam at once with ⅛ inch hot paraffin. Yield: about 10 medium glasses.

MORNING SMILE

The executive's wife walked into his office unannounced and discovered his husband eating his lunch with his beautiful secretary on his lap.

"George!" stormed his wife, "what is that girl doing on your lap?"

The husband almost choked and pointing to his food said, "I had to do something Dear, the waiter forgot to bring up a napkin."

HOUSEHOLD HINT

If your pretty colored handbag tends to rub off on your clothing, try a few treatments of liquid wax applied sparingly. It will save both bag and clothes.

EDNA MacEWEN ALLISON MUTCH

Engagement Announced

Mr. and Mrs. Lloyd H. MacEwen, Rollo Bay, announce the engagement of their elder daughter Edna Pearl to Allison Kennedy Mutch, son of Mr. and Mrs. W. W. Mutch, Charlottetown. Marriage to take place at two o'clock, July 20th at St. James United Church, Souris.

ELLEN'S DIARY

by an Island Farmer's Wife

At the moment, term's end, with school closings is about here. Granddaughter visiting us these afternoons after class, suddenly rises and betakes herself home with the remark: "Well, my . . . test comes tomorrow. I guess I may as well get busy with my reviewing." And in the evening, good child that she is in this respect, she without adult reminder or urging will retire early in order to have what she calls "a clear mind" to write her examination which lies ahead.

And Jamie, taller now than his Aunt Jeanie, comes by these evenings a school-book under his arm. Since his schooldays began, we have managed to become familiar with the requirements of his successive grades. Especially during our stay with him and Gage, we are able to gain an intimate knowledge of both student and work, which makes us of assistance to him at this grading-period of the term.

He continues to be a good student, of a mind which ponders and puzzles and is anxious to know. But the affairs of the farming about him at which he, now in his fourteenth year, can be and is of much help, make certain inroads on his time for study. There was too the interest and excitement of the season of hockey, a sport which enjoyed to any extent leaves divided loyalties and all too little rest for the demands of the next day at school.

* * *

There are in fact so many distractions nowadays to interfere with any serious study it is amazing to us how well the children do learn and make advancement. We have seen it in our time at Rob's. We are aware of it here. Particularly does the radio thrust its charm between the child and his book. Not that we do not realize that it too has its own part to play in their education. But not we are sure in the course of the home-work.

"Read those verses to you!" we smiled to Granddaughter recently. "You won't learn anything from them with the radio going."

"Do!" she begged. "The radio doesn't bother me one bit." Why she said earnestly "I can study my homework and listen in to . . . ." naming an exciting program. "Yes, I can!" she nodded.

"Granted that you can—but not at this house, young lady! Read—no radio; no radio,—read! . . Which?"

"Read" she smiled reaching out to turn off the program.

Full leaved, June now is, and blessed with a sunny west wind which brings up to us from the falling water through the spill-gates varied tunes: gay little melodies that speak of young loves, lilt of a wedding march. And in the evening the notes are serene and even reverent, reminding of the affectionate comradeship of couples who with increasing respect and devotion to each other have come safely and well "thru the years."

June sets the back-drop for many a romance. It provides blossoms for many a marriage How full of enchantment, of promise, of memories it is as, "if ever come perfect days", they are now.

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

Don't Spoil Your Trip Before Bag Is Packed

By ELEANOR ROSS

We hate to think how many vacations have been spoiled because of careless packing of cosmetics and toiletries. Not only is clothing spoiled, indeed often ruined, but in many instances, the suitcase or bag is spoiled, too. These few simple rules, if really followed, will avoid accidents when getting ready for that trip.

Small Containers

First, make out a complete list of needed cosmetics and toiletries and then go over this list and see how many items are absolutely necessary. After all, in ever so many places, everywhere in this broad land, and in most great cities elsewhere, it is possible to purchase small containers of creams, lotions, etc. You can always replenish your stock if you plan to stay in any one place for any length of time.

Train Case

When you have assembled all the cosmetics you will need, try to pack all of these items in one place. We have found that a train case is one of the best possible investments and whenever we treat ourself to a new bag or suitcase we endeavor to match it up with a train case. Along with cosmetics we also put in it a small sewing kit, as well as a tiny emergency kit for coping with minor injuries, headaches and so forth.

Whether you use a train case, an unfitted special case or have to place some items in your suit case, do try and transfer the contents of breakable and heavy bottles and jars to plastic containers. If you use the original containers, seal them with a coating of colorless nail polish or candle wax around the edge of the can.

Foil Wrapping

A faster solution is the use of aluminum foil, which should be torn from the roll in sheets to fit each bottle or jar. But no skimping! Wrap the foil completely around the article and securely over the top, pressing firmly to the contours of the container. Save the sheets for your return trip. When placing cosmetics in your luggage, however well wrapped, try not to have any two pieces of glass touching. Tuck hairbrush, tissues, toothpaste tubes, well wrapped, in empty spaces and be certain that nothing moves or shifts about when the luggage is carried.

For perfumes there are handbag-sized containers more practical for travelling, as well as stick colognes and sachets, which are good travellers. Refillable purse vials give you an ample supply of your favorite scents and are ever such pretty handbag accessories.

Plastic Bag

And don't forget to pack several large and small pieces of aluminum foil. Takes care of that wet wash cloth and soap and eliminates taking along a plastic soap container.

A plastic bag will take care of that damp bathing suit and any piece of apparel that you have washed out that may not be completely dry when departing.

A train case, plastic bags and plenty of aluminum foil are real necessities, if you travel.

BY HAWORTH'S MAIL

Loves His Wife But Wants Two Years For His Own Fancies

DEAR MARY HAWORTH: When I married my husband. I was three months' pregnant. He was very bitter and upset, of course, but he went through with it. Two weeks later we lost the baby. Then I went to live with him near his Army base; he was in the service.

He has grown to love me very much, as I love him; and our marriage is going along fine. We are the same age, but I have accepted responsibilities better than he; and at times he is inconsiderate of others. But that comes from away back, as I know it didn't start when we married.

My biggest problem is that he wants a two years' separation from me, after he gets out of the Army, late in 1956. He wants to do some things before he settles down. For instance, he is crazy over motorcycles and he is almost crazy to get one of his own.

However, he assures me that I am the only girl he will ever love and want to spend his life with. Would you please help me? I am at my wits' end, trying to go along with the idea. F. Y.

Which To Be—Man Or Bum?

DEAR F. Y.: Figuratively speaking, Joe (let's call him) has one foot in the real world, and his other foot in a dream world where wilful boys are free to do as they please, enjoyably. But it's a kind of place that doesn't exist, since human weal and human joy are by-products of obedience to moral laws of life that apply to human nature. And the gist of these laws is to love others, as much as one should love oneself—which means, to be concerned with the good (or happiness) of the whole.

On the human plane, in the universal hierarchy, nobody breaks the laws of love and goes unpunished in the long run. The person who behaves irresponsibly, as if his wilful desires are to be served at whatever cost to the rights of others—who is arrantly indifferent to the good of the whole—is getting lost in a dark woods of confusion. He is preparing ill for himself, that he'll have to reckon with, sooner or later. As has been said, man doesn't break the laws of righteousness; rather, these laws break him if he defies them.

Now, back to Joe. In his marriage, undertaken as a duty, but showing some possibilities of real unity of spirit, Joe is hovering on the border line between becoming a man, or becoming a bum. This is the significance of the problem he poses, in suggesting two years' separation from you, so that he may have a bachelor fling before "settling down."

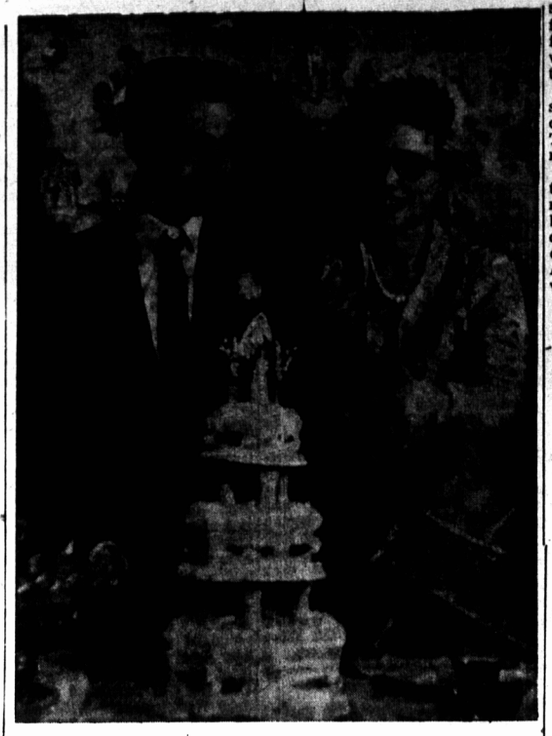
Maturity Holds Imperishable Good

In his love for you, and in his belief that you are the only girl he will ever love, or wish to share his life with, Joe is facing towards maturity, which embraces integrity, fidelity and generosity of character, in giving account of one's life. Maturity is a field of experience that yields many imperishable rewards for effort. But in his contrary mood, in his renegade idea of deliberately deserting you for a while, Joe is flirting with demoralization.

Thus I feel it is no kindness to Joe to humor his crazy suggestion. If you can induce him to stay hitched, it will be to his advantage in every way, as compared to the damage he would do himself in trying (impossibly) to break with reality, and escape the life that is already irrevocably his. If Joe stays, he ought to realize that it isn't so much a favor to you, as it is a matter of saving himself from temptations that beckon to every man—and against which, stable marriage is the best protection a fellow can have.

P. S.: Joe needs remedial re-education for marriage, and maybe you can provide it indirectly. For help along that line, consult the Family Service Agency nearest you. If there is none in your district, try an adjoining city; or write to the Family Service Association of America, 192 Lexington Avenue, New York City 16, for information on where to apply. Address your inquiry to Jean Kallenberg, director of information service. M. H.

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



MR AND MRS. LLOYD BISSO

A summer wedding was solemnized at Trinity United Church on Wednesday, June 1, at 4 o'clock when Miss Adele Barrett became the bride of Mr. Lloyd Bisso. The bride is the daughter of Mr. and Mrs. Edward Barrett of Charlottetown and the groom is the son of Mrs. Alma Bisso of Charlottetown and the late Mr. Bisso. The ceremony was performed by Rev. Frank MacLean.

The bride chose for her wedding a pink floor-length gown and was attended by her sister, Thelma, who was attired in a blue floor-length dress.

The groom was attended by Mr. Joseph O'Connor as best man.

Following the ceremony a reception was held at the home of the groom's mother.

Mr. and Mrs. Bisso are residing in Charlottetown.

(Photo by Carl F. Ranaghan.)

KEEP IN TRIM

Reducing On A Budget Is A Challenge

By Ida Jean Kain

It's not easy to live on a strict budget, whether this applies to cash or calories. And no use blinking, for many overweights, calories and costs must be juggled.

One homemaker reports she gained 20 pounds in four years because they are buying a house. To meet the payments, they have to slash the grocery bill. Many overweights with large families lament the cost of lean meats and low calorie diet foods.

All right . . . let's grab a-hold of a spirited new idea, accept this as a challenge and wrest a good figure out of budget menus. By applying the science of nutrition, it can be done. Fats boost calories highest—so trim fats all along the line. Once you decide to reach normal weight in spite of that limited budget, you'll find ways.

Start the day slimming — eat breakfast. The advantage is that you step up the rate of calorie burning early in the day. Instead of juice, eat a whole orange or a half grapefruit; plus a half cup of hot cereal with a half cup of milk—and coffee. On alternate mornings, have one egg and a thin slice of toast, lightly buttered, in place of cereal.

Sit down to eat lunch—enjoy your mid-day repast. Soup, prepared with skim milk or dry skim milk powder is most comforting. For something chewy, have celery, radishes or carrot slivers. If you fix a sandwich, use one slice of bread, with mustard for flavoring. The filling? Peanut butter (1 rounded tablespoon), a sliced egg, swiss cheese or tuna fish with oil washed off. Use any filling, but do not add fat. Relax while sipping a leisurely cup of tea.

At 4:30, have a pick-up-glass of skim milk or buttermilk; a hard cooked egg and tea or coffee. This will tide you over until dinner time.

In planning the dinner menu, the protein-starch course can furnish 250 to 350 calories. Navy beans with molasses furnish 325 calories per cup; macaroni and cheese are 350 calories for ¾ cup. Also have cold slaw made with vinegar dressing or boiled dressing. For dessert, have a low calorie fruit in season. The family can have brown bread with the beans and a heavier dessert.

Beef liver is excellent in a diet—plus a baked potato, stewed tomatoes and 100 calories in dessert. The pattern that automatically cuts calories is to trim fats sharply and restrict the starches

(Continued on page 10)

ALICE BROOKS DESIGNS

7377

by Alice Brooks

NEW COLOR BEAUTY

New color beauty! Crochet these modern leaf-design doilies in two glowing colors — matched to the decor of your home. Easy—lovely!

Pattern 7377: Color-crochet doilies in modern leaf-design! Larger 16½ inches, smaller 11½. Use crochet and knitting cotton.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to The Guardian, Household Arts Dept., 60 Front Street West, Toronto, Ontario. Print plainly NAME, ADDRESS, PATTERN NUMBER.

ORDER our 1955 Alice Brooks Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

ANNE ADAMS PATTERNS

"DAVY CROCKETT"!

Thrill your little boy or girl with this "Davy Crockett" frontier outfit! Fringe-trim jacket, pants (or skirt) — and of course, that wonderful CAP! Use denim, twill — any sturdy cotton fabric. Easy sewing, mother — such fun to make!

Pattern 4665: Child's Sizes 4, 6, 8, 10, 12. Size 10 boy's outfit (jacket, pants, cap) 3⅛ yards 35-inch; girl's jacket, skirt, cap 2⅝ yards.

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, care of The Guardian, 60 Front Street West, Toronto.

TEA gives you over 200 CUPS per POUND

BABY'S CRY IS NOT ALWAYS TEMPER

DISTINGUISH between your baby's cry of pain and cry of temper. The "pain cry" should have instant attention. If it is caused by the distress due to gas on the stomach or bowels, or those common digestive upsets, try sweet-tasting Baby's Own Tablets.

As one Ontario mother reports,—"It used to be a worry what to use when my baby had an upset spell, needed a regulator. Well that problem was solved when my sister said, 'Give Baby's Own Tablets.' And during teething time—when babies are feverish, restless due to irregularity or have an upset tummy—Baby's Own Tablets not only relieve efficiently, but do it quickly. I wouldn't be without them."

Easy to take . . . mild, yet effective for constipation, digestive upsets, and other minor infant troubles. No "sleepy" stuff — no dulling effect. Get a package today.

GIRLS! GIRLS!

CENTENNIAL

DOLL CARRIAGE PARADE

JUNE 27th — 6.30 p.m.

ON QUEEN STREET

Sponsored by the Playground Commission in co-operation with the Centennial Committee

FOR GIRLS 2-10 YEARS OF AGE
SUITABLE PRIZES WILL BE GIVEN
Entries will be taken on Queen St. JUNE 27th

Words Of The Wise

Nothing is enough for the man to whom enough is too little.
—(Epicurus)

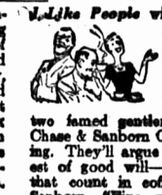
CONFIDENTIALLY YOURS
—by Byrne Hope Sanders

MONTREAL, June 23rd — Poised and fresh . . . isn't that one of the ambitions of every girl and woman? One sure way of attaining poise and freshness is to let ARRID cream deodorant protect you from *any* fear of offense. Arrid is now made with Perstop, the really effective, exclusive new ingredient. Absolutely safe and it *won't* dry out in the jar! Canadians prefer Arrid because they've found that this creamy, antiseptic deodorant stops *both* perspiration *and* odour . . . for 1 to 3 days. Just rub Arrid in—rub odour out. It deodorizes instantly, and saves your clothes from perspiration stains. Only 53c a jar.

This Is Exciting! For a brief time you can buy the famous WOODBURY COCOANUT OIL SHAMPOO—*at half price!* . . . If you've never used this wonderful shampoo—here's an "introductory half price sale" —to enable you to buy the regular $1.20 size for only 59c. If, like so many thousands of big girls —and little girls, too!—you know how soft and glossy your hair is after a Woodbury Shampoo—then here's your chance to lay in a supply *at half price!* Gentle Woodbury Cocoanut Oil Shampoo cleans all types of hair shining clean, yet it *does not dry out* the natural oils which give body and life to your hair. *Do* get a supply of Woodbury Shampoo—while it lasts at this price!

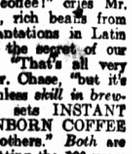
Nothing Worse—than hot weather for aggravating the troubles of burning corns and calluses. That's why, with July around the corner, I suggest you lay in a stock of Blue-Jay Corn Plasters — with the exclusive medication, *Phenylium*. Because now, Blue-Jay's medication gets right down *under* your corn — through the action of Phenylium—and helps push it out from *underneath!* You'll find quick and lasting comfort in the comfort-bringing BLUE-JAYS—They get rid of corns fast! So make sure of a "foot-happy" summer by getting your supply of BLUE-JAY right away!

I Like People with convictions! . . . People who stand up for their points of view — don't you? That's what makes the two famed gentlemen of Instant Chase & Sanborn Coffee so charming. They'll argue with the greatest of good will—"It's the *beans* that count in coffee!" cries Mr. Sanborn. "Fine, rich beans from the greatest plantations in Latin America—*that's* the secret of our superb flavor!" "That's all very well," smiles Mr. Chase, "but it's really my matchless *skill in brewing* . . . which sets INSTANT CHASE & SANBORN COFFEE apart from all others." *Both* are right—not forgetting the 200 years coffee experience, too!

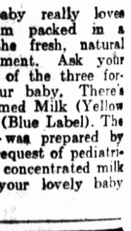


Are You One Of The Wise Ones who opened a Sunshine Account at the BANK OF MONTREAL some months ago? If so, you're probably all set for a wonderful holiday with no worries about paying for it. You can make your vacation even more carefree with the help of the B of M's special travel services. For instance, the best way to banish wallet-worry is to carry B of M Travellers Cheques . . . Easy to carry, they can be cashed almost anywhere . . . and are worthless if lost or stolen. And, while you're away, why not take advantage of a B of M Safety Deposit Box to keep your jewelry and other valuables safe from fire and theft? Costs less than two cents a day on yearly rental.

Hooray For Mum! Shake a sweet one — serving ice cream to a beaming family, several times a month . . . and while the youngsters sing her praises — I give her a wink 'cos I know her secret! She's made this delicious creamy ice cream with ROYAL INSTANT PUDDING . . . and made it the *easiest, quickest* way there is! Just add 1 package of Royal Instant Pudding to a bowl containing 1½ cups of chilled milk, and ½ cup of table cream. Beat with rotary egg beater until smooth — one minute. Put in freezing compartment of the 'frig until firm. Freezing time is cut in half because there's *no second beat-and-freeze!* Treat your family *today!* (Recipe on package.)



Like You . . . I've been ironing since I was a little girl . . . and, like you, have learned a lot of tricks, to make the task easier. I've memorized a lot of poetry—asked my husband to read to me—and, just as important, always use GLIDE LIQUID STARCH. It gives a professional look to cottons — shirts — youngsters' clothes—linens—curtains. And it only takes a jiffy to use! All you do is add water to Glide—hot or cold. You'll find that the blue in Glide adds whiteness to your wash; and the wax in it *smooths* your ironing! I buy Glide in the giant economy size—64 ounces . . . but you can get it too, in the 32 oz. size for smaller families.



Wonderful News! . . . You'll find that your baby really loves FARMER'S WIFE . . . Vacuum packed in a golden-lined tin to preserve the fresh, natural flavor and wholesome nourishment. Ask your doctor to advise you on which of the three formulae you should use for your baby. There's Whole Milk (Red Label); Skimmed Milk (Yellow Label) or Partly Skimmed Milk (Blue Label). The latter—Partly Skimmed Milk—was prepared by Farmer's Wife especially at the request of pediatricians. It's a high-protein, low fat concentrated milk with Vitamin D content increased. You'll find your lovely baby *thrives* on Farmer's Wife!

Perfect Trust

With sure instinct, mother chooses only the best for her child. That's why when buying tissues, she prefers Purex . . . for she knows that the gentle softness of Purex makes it perfect for baby's sensitive skin. Refined over and over again, Purex is gentle yet firm, strong and very absorbent . . . better in every way. Make Purex your choice for baby and family too.

so soft-so safe!