

WOMEN

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KEEP IN TRIM

Keep Young With Exercise

By Ida Jean Kain

Where do we show age first? Contrary to popular opinion, we do not plunge head-first into middle age or old age. Posture—ages first. If we settle for the slumped posture succumbs to middle age. The typical picture of old age is back bent, shoulders rounded. Gravity has won!

Now analyze what is wrong with this sentence: She was an old lady bent with the years. The emphasis is on the years, implying that age is to blame for the bending. Wrong thinking! It's the habit of bending through the years. Even if we live to be a hundred, we need not bow down with age. The secret is to have good posture all through the middle period of life.

In straightening up, get off to the right start. Don't stiffen. Associate posture with balance, ease of motion and freedom from strain. In proper alignment, posture is self-supporting with no straining at the connections.

To get the feel of the right line-up, stand with your back to the wall, heels about two inches out, with head, shoulders and hips touching the wall. Centre the pelvis (which is the centre of gravity as far as the balanced line-up of the figure goes) by pulling up strongly with the middle muscles and contracting the hip muscles. Keep shoulders relaxed and down. Now walk away from the wall, toes pointed straight ahead. That's

LET'S EAT

A Pretty Table Makes Good Food Taste Better

By Ida Bailey Allen

"A fine dinner is like a melody," said the Chef. "A symphony of flavors, a contrast in food textures and temperatures—but like a melody, it must have the right accompaniment."

"And in case of a formal dinner chef" I answered that means a white or pastel tablecloth, matching or contrasting napkins, a low centrepiece, china with simple, elegant designs, and the food and beautiful shining silver, correctly placed.

"I am much intrigued with a new line of sterling silver, called the 'balanced place setting.' The pieces are designed so those on either side of the plate curve toward each other, making it easy for anyone to set the table."

SUNDAY COMPANY DINNER

Fresh Fruit cup
Mixed grill platter
Baked Acorn squash
Tomatoes sauté
Chef's salad bowl
Chocolate Bavarian
Coffee

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

Mixed Grill Platter: For each person use 1(1/2) thick loin lamb chop (including the kidney), well trimmed and rolled, 1 small slice calves' liver, or 1/4 section sweetbread, 1 small sausage and 1 strip of bacon. Dust the meats (except the bacon and sausage) with salt and pepper.

Arrange the lamb chops on the grill; slow-broil about 10 min. Then add the liver or prepared sweetbreads. Brush with butter and dust with salt, pepper and monosodium glutamate.

Add the sausage; continue to broil about 10 min. longer, or until all the meats are done. Garnish with lemon wedges.

Chocolate Bavarian: In the top of a double boiler, mix 1 envelope unflavored gelatin, 1-3 c. sugar and 1/4 tsp. salt.

Separate 3 eggs. Beat the yolks; stir in 1 1/4 c. milk; add to the gelatin mixture.

Add 2 squares (ounces) unsweetened chocolate. Cook over boiling water, stirring occasionally, about 8 min. or until the gelatin dissolves and the mixture thickens slightly.

Remove from the heat; stir in 1 tsp. pure vanilla extract. Beat with a rotary beater until the chocolate is blended. Refrigerate until the mixture mounds slightly when a little is dropped from a spoon.

Beat the egg whites until stiff, but not dry. Gradually add 1-3 c. additional sugar; beat until very stiff; fold in the gelatin mixture. Then beat and fold in 1/2 c. heavy cream. Turn into a 5-cup mold. Refrigerate 4 hrs. or until firm. Unmold. If desired, garnish with whipped cream. Serves 8.

TOMORROW'S DINNER
Baked sea bass lemon butter
Baked potatoes broccoli

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MARY HAWORTH'S MAIL

Mother Concerned About Shy Daughter

DEAR MARY HAWORTH: I have a daughter 14 years of age, who, since she was able to talk, has been shy and backward. When she tries to talk, words fail her. In short, she cannot enter a conversation because (as she tells us) she doesn't know what to say.

However, she is — as everyone remarks — a very attractive and pretty girl. We have her in a very good private school for girls — but, as it happens, almost all their class-work is oral. The other day she was called upon for some Latin work, and got confused over the answer, and the class all laughed at her—which made matters worse. Janet is a freshman, and doesn't want to stay in this school, not only because of the incident mentioned, but also because the girls are all snobs. Oh yes, last year her room teacher told us that she has an inferiority complex, which of course we knew.

We have suggested to Janet that she transfer to public school—but she asks: How am I going to answer the questions put to me? She says that if just she and the teacher were alone together, she could answer; but the class being there makes her afraid when she tries to answer, so she can't say anything; she just stands there.

Janet is very popular with boys but hasn't the same good fortune with girls—only with the one who is close to her. Is there any help for her? We are at our wits' end trying to solve this problem. Please advise me what to do.

D.S.

GIRL BEARS BRUNT

DEAR D.S.: It strikes me that Janet is bearing the brunt of an inferiority complex that runs in the family. It occurs to me that you, her mother, have been striving to make her the social success that you never were (at least from your viewpoint). You've wanted to "spare" her the miseries you suffered from "backward" feelings in childhood, maybe.

As I get the itch, the family is anxiously exercised to try to "change" or "help" or "improve" Janet's verbal and social performance, so that she will be winsomely at ease before audience. And taking into account her naturally sensitive, finely formed temperament, I daresay this critically con-

COOK'S CORNER



CANNELON OF BEEF

1 lb. chopped beef
1/2 tsp. salt
1/4 tsp. pepper
Grated rind of 1/2 lemon
1 egg yolk
1 tsp. onion juice
1 tsp. chopped celery
Mix above ingredients well. Form into loaf and roll in pie crust. Bake and serve with tomato sauce. Oven, 350 degrees.

centrated attitude on the part of the family is, by now, about 70 percent responsible for her frozen terror. When asked to recite in class. The most and the best that anyone can do for Janet is to help her be herself—that is, to relate to situations spontaneously, without feeling a need to measure up to somebody's "expectations." And without straining to "overcome" certain characteristic "handicaps."

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HOUSEHOLD HINT

Keep cutting tools away from moisture and keep them clean. Scissors can be kept free of dust and lint by wiping with a soft cloth before and after use. They should be lubricated occasionally with a drop of oil on both sides of the screws, and a little oil can be rubbed on the blades if they are not to be used for any length of time.

ELLEN'S DIARY

By An Island Farmer's Wife

Now that October wanes, we find a new coldness in the skies. Over the hilltops no matter how sunny, the moving clouds have an appearance which makes one northern-born see in mind the snowflakes folding the farmlands whitely and restless drifts of them chasing along a wind-blown field.

"And how will you like that, Ellen?" That was the woodpecker's query. He had been busily tapping on the heights of the telephone pole in the lawnborder.

"Like what?" we countered.

"What you were thinking of, when you noticed those clouds over there above the House on the Hill?"

"Oh!" we smiled. "Love those days — every last one!"

"You'll actually like wind in the chimneys and sleet on the window-panes?"

"Yes—that will make it cozier indoors. Then one will appreciate better the comfort of hearthfires — and roofs over animals — and the plenty stored from the harvests of the year."

"And you like snow on the fields? You're really 'dreaming of a white Christmas'?"

"Aye. When the fields rest a farmwife will, if she's canny, absorb some of the same peace of spirit that's about, to refresh her for the more demanding, busier seasons ahead. Oh, it's still busy, of course, but there is not the insistence to the work then that there is when there are crops to put in and tend and gather. And as for 'a white Christmas' there are few northerners who do not like theirs with at least a sprinkling of snow. They're born and reared to it."

"And hear the sleigh bells on the snow?" he chuckled.

"Yes," we smiled. "There are no cars in the best memories of it that we have—but bells and horses

and sleighs."

"Well, well—yo' sho' must have a long memory, Ellen! hat are you going to do with that manure-fork? Get yourself in line for a scolding if you bend one of those tines?"

"Scolding or not?" we giggled. "we'd better both get to work! That sun's rolling—fast."

So we went to the harvesting of a "soul-crop"—the dahlias, turning out the fine increase of tubers to a spell of drying in the sun and breeze. These will go presently to winter storage, along with the potatoes and other vegetables in the basement of the House across the Lane.

"You never know when you commence some work at this place, who's going to be with you at the finish!" Granddaughter twinkled this evening as we gathered them to a sheltered place for the night.

"You had no help digging them and now you have Jamie and me with you, as it happens, to pick them up!"

"We had no help at the start—but we had company!" we chuckled to this child who has "the mark" of imagination in her forehead, "a woodpecker up on the telephone pole."

"Oh," she laughed. "And what did he say?"

"He said," James first to the yard from the field and catching her words offered in a make-believe gruff voice, "I'm hungry! I want my supper to be right on the table!"

Until tomorrow—Diary—Good-night . . .

MORNING SMILE

Mrs. Brown: Did you scold your little boy for imitating me?

Mrs. Green: Yes, I did. I told him to stop acting like an idiot.

FLAVOR BRIGADE

RED ROSE TEA AND COFFEE

WEEK - END SPECIALS at CUDMORE'S	EXTRA SPECIAL NEW ROYAL INSTANT PUDDINGS Regular 15c Today's Special, 2 for 19c
Robin Hood Cake mix White or Chocolate 2 pkgs. 45c	Onions 7 Lbs. 15 oz. tin 2 for 25c Peas 15 oz. tin 2 for 25c Wax Paper 100 ft. roll 29c Plums 15 oz. tin 33c Sunkis 2 doz 69c Pears 15 oz. tin 35c Prunes 2 lbs. 39c Flaked Tuna 6 oz. tin 25c

APPLE & STRAWBERRY JAM, 4 lb. tin 73c	NEW CROP DATES, 2 lbs. 25c
NO SHORTAGE THIS WEEK Maple Leaf Smoked Pork Picnic HAMS, lb. 39c	SLICED BACON, lb. 45c BONELESS CODFISH, lb. 29c
Aylmer 15 oz. 2 tins 25c Beets 2 lbs. 35c Grapes 2 lbs. 35c Peter Pan Mustard 24 oz. 33c Pickles 15 oz. tin 33c Clark's Irish Stew 20 oz. tin 2 for 35c	Red Rose Coffee 1 lb. tin \$1.09 Aylmer Fruit Cocktail 15 oz. tin 25c Island Honey 2 lb. tin 49c Aylmer Corn 20 oz. tin 2 for 35c

Also New Rice Cereal Large 16 oz. pkg. **43c**

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Peter Pan Peaches, 15 oz. tin, 6 for 89c

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LOTION-MILD TO HANDS!

GAY LIQUID DETERGENT

October Cake of the month

so high - so light - so tender

It's a trick and a treat!

Perfect treat for the Home and School tea . . . with its surprising chocolate frosting, that turns out to be a new trick with whipped cream!

Perfect colour scheme for Hallowe'en . . . simply by adding a little orange food colouring!

Perfect wonder of a cake all 'round—with that delightfully moist, tender texture that only fresh milk can give you in a white cake. And with the wonderful flavour of your favourite vanilla—that only Shirriff's can give you in a White Cake Mix.

October Cake of the Month Prepares 1 package Shirriff's White Cake Mix according to directions; bake in 3-7" round tin.

Chocolate Whip Frosting To 1 cup whipping cream, add 1/4 cup cocoa and 1/4 cup sugar. Chill for 1 hour. Beat stiff. Spread between layers and frost.

Shirriff's white cake mix

fresh milk makes a fresher, lighter, better-tasting cake.

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GOTHAM GOLD STRIPE

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