

WOMEN

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LET'S EAT

How To Make Taffies That Are Not Overrich

By Ida Betty Allen

"In your opinion, is candy a suitable food, Madame?" the Chef asked.

"That's a good question, Chef," I answered. "All normally healthy children and adults like candy, and as we all need a reasonable amount of sugar a day, some of it can be in the form of candy."

"Of course, the right type should be selected."

"For instance, children should not be allowed to stuff themselves with chocolate candy, because it contains considerable fat. And a dull combatant overweight should not eat chocolate or chocolate-covered candies because they contain so many calories."

HARD CANDIES BEST

"But hard candies and taffies are not overrich."

"One or two pieces are good in place of other desserts. A piece of candy after school often proves a pick-up for youngsters; a piece of plain candy can help to solve the late afternoon fatigue problem for grown-ups."

The following taffies, calling for corn syrup, can be made in quantity, wrapped in squares of waxed paper and kept indefinitely.

Pulled Taffies: In a 2 qt. saucepan, combine 2 c. dark corn syrup, 1 c. sugar and 2 tsp. butter. Add 1 t. vinegar. Bring to a boil over a medium heat. Stir constantly until the sugar dissolves.

Continue cooking to the hard ball stage, 280 degrees F., or until $\frac{1}{2}$

(sp. of the mixture forms a hard ball when dropped in very cold water. Remove from the heat.

Stir in $\frac{1}{4}$ tsp. baking soda and 1 tsp. pure vanilla extract. Beat until smooth.

Pour into a 7" x 11" buttered pan. Cool until it can be handled. Then butter your fingers and pull the candy with the hands until it has a satin-like finish and is light colored.

Form into long strips $\frac{3}{4}$ " in diameter. Cut into 1" pieces with scissors. Wrap individually in waxed paper. Makes $\frac{1}{2}$ lbs.

TOMORROW'S DINNER

Tomato Cream Soup Hot Rolls
Baked Limas with Bacon Squares
Mixed Vegetable Salad Bowl
Apples and Pears in a Bowl
Old-Time Taffy
Coffee Tea Milk

Baked Limas with Bacon Squares: In a 3 qt. saucepan, put 1 lb. dried lima beans; soak 30 min. in boiling water to cover. Bring to a boil. Simmer-bill $\frac{1}{2}$ hrs., or until nearly tender.

Add $\frac{1}{2}$ tsp. salt, 1 tsp. monosodium glutamate, $\frac{1}{4}$ tsp. pepper, 1 minced peeled onion and 1 tsp. sugar. Pour into a wide-topped casserole or baking dish.

Cut a 1 lb. piece of bacon into 2" squares. Score the rind of each into $\frac{1}{2}$ " squares. Place on the beans; press down so only the scored top of the bacon is uncovered.

Bake 2 hrs. in a moderate oven, 350 degrees F. Add a little extra water if necessary during the first hour of baking.

TRICK OF THE CHEF

Use liquids drained from cooking vegetables for thinning canned soups, making gravy or sauces, or combined with tomato juice as a cocktail.

Wife Preservers

A short length of lightweight rubber hose suspended along the side of your car will prevent damage by the careless opening of the door of a neighboring car which is closely parked in a parking lot.

ELLEN'S DIARY

By An Island Farmer's Wife

Today in her darkened room in the house across the lane, grand-daughter plays hostess to the measles.

"They're all over me now! I'm just one big measle," she offered, more life to her voice than of late, when we paid a call to her this afternoon. "James too, more than once left his work through the day, to climb the stairs there and ask of our small one: 'Are you feeling even a little better now?' happy to know that at last this enemy not to be regarded lightly was out in the open."

"My turn?" Mack repeated our query when he came by on one of his calls today bringing with him the smallest kitten in his arms. "Just so you can see how well she's doing." "I don't know when it will be," he smiled "but this time, I guess I'm sure of it! But, 'remembered,' when Gage was taking them, we made sand-castles together upon the roadside by the field where the men were shearing the sheep and we ate from the same popple, and still I didn't get them. Perhaps, 'he nodded.' 'I'm not meant to, I am meant to do something else.' 'It's a secret yet. But one of these mornings, you'll know. You just wait and see!'"

Today was of more than usual moment in the affairs of our farming. It gathered from the far pastures the young of the cow-kind in the barnyard—the reds and roans, 'the all-white one Mack claims, and the

striking mixtures of shades "native-born" and brought in which make up our odd herd. A cold wind blew them home along fields, not long ago beautiful with summer grass and meadow blossoms but now held in the bleak grip of frost. So every last animal of them is sheltered warmly tonight and because of it, we turn with more content to enjoy our hearth-fires.

It was a woman grateful indeed that she could attend to the cares of her round, who swept her floor and spread her meals at this house today. When faced with the prospect of even a brief spell of immobility, we long then for the privilege of going about the common tasks. How good to be able to use limbs and muscles, to walk, and come and go at will about the duties of the day that are ours.

"Oh, I can't complain," we recall an elderly Scottish lady of the long ago say in reply to our greeting. "Iers were carefully measuring words. 'No, I can't complain' she repeated, 'and wouldn't I be the ungrateful mortal if I should?' she queried with a hint of a smile. "I can sweep my floor and make up my bed and cook my meals; I can bring in my wood and get a pail of water at the well, I can share a cup of tea, and also take a little kaley. I have my hearing, and can see to read the Book... and what more does a body ask?"

Aye, what more than to be up and about the cherished paths of living she knows?

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

Sanderson-Yorston Vows Solemnized At St. Peter's Bay

The United Church Manse, St. Peter's, was the setting of a pretty wedding on Thursday, October 27, at 2 p.m. when Rev. R. A. MacLeod united in marriage Miss Ruby Suzanne Yorston, eldest daughter of Mr. and Mrs. Fred Yorston, St. Peter's Bay, and Mr. David Arthur Sanderson, son of Mr. and Mrs. Arthur Sanderson, Greenwick.

The bride chose a street-length dress of light blue moire taffeta with blue accessories and a corsage of white roses.

Miss Lois Yorston, sister of the bride, was maid of honor. She wore a dress of blue taffeta with red accessories and a corsage of pink roses.

Mr. Cirtus Beaton, cousin of the groom was groomsman.

A reception followed for the immediate relatives at the home of the bride's parents. The dining room was decorated in pink and white with white wedding bells. A three-tiered wedding cake decorated the bride's table. Dancing was enjoyed with music by Messrs. Lloyd Anderson, Temple O'Hanley, Fulton MacLaren and George Yorston.

SHOWER

Prior to her marriage the bride was honored at a shower at the home of her uncle and aunt, Mr. and Mrs. Alfred Downe, Upton. The honored guest was escorted to the

HOUSEHOLD HINT

Playing cards that have become soiled and sticky can be renovated with a little spirits of camphor. Apply lightly with dabs of cotton, then wipe off and "polish."

seat of honor by her cousin, Mrs. Wallace James. The basket of gifts was brought in by the bride-elect's cousins, Freda Downe and Raymond Downe and they were opened by Maud Downe and Gerie Sanderson. The names and verses were read by Mrs. Wallace James. Refreshments were served by the ladies and music for dancing was by the Turner brothers.

WORDS OF THE WISE

Pessimism leads to weakness; optimism leads to power. —(William James)

FLAVOR BRIGADE

RED ROSE TEA AND COFFEE

KEEP IN TRIM

Afternoon Energy Boost Important To Dieters

By Ida Jean Kain

At what hour of the diet-day do you feel let down and definitely in need of an energy lift? Chances are it is late afternoon, for at that time your blood sugar level drops and energy wanes. You need not drag through wearily until dinner time. It is scientifically sound and wise diet strategy to have a late afternoon energy pick-up.

The snack can be varied to suit your tastes—but should be kept within 100 calories. A cup of tea and a wedge of cheese, a hard cooked egg, a piece of fresh fruit, fruit juice, a glass of skim milk or buttermilk or a Coke are but a few of the popular pick-ups.

If you are a homemaker-career woman, perhaps you can take time out for the energy boost while on the job. Many working women cannot do this and so they prepare a low calorie snack in advance and have it as soon as they get home, before they get into the whirl of dinner preparations. In fact, some write that they sit down and eat the snack before taking off their hats.

Here are some of their suggestions — a hard cooked egg and a cup of tea, celery stuffed with cottage cheese with a cup of hot tea, a cup of bouillon and a couple of crackers. Some dieters prefer the luxury of a cup of coffee with cream and sugar at this time. The snack can be anything that will appease hunger and raise the blood sugar level—but safely within 100 calories.

A late afternoon energy boost is in no way a substitute for the two balanced low calorie meals that should be eaten morning and noon. From an energy as well as a reducing standpoint, it is a mistake to diet rigidly during the part of the day when you are most active. Nature tends to burn calories according to immediate needs, and store the calories taken at the end of the day's activities.

Since protein serves to maintain the blood sugar level, a low calorie

ELEANOR ROSE

Leather In Limelight At Recent Home Show

Stores and furniture manufacturers set up such delightful and instructive model displays that, to many of us, are just as intriguing and exciting as any fashion show. Plenty of gay gimmicks are used, too, such as a real cow—a purple one, no less—the center of attraction at a leather show. The cow was arrayed in a purple coat and

his horns were festooned with orchids.

VERY GAY ROOMS

The rooms were very gay, too, and designed to display the versatility and beauty of leather for decorative purposes. Once leather was used sparingly in the home, there was a big, old leather chair

and perhaps a small table or a desk with a real leather top. But now leather is used as floor covering, wall panelling, coffee table tops, furniture and door panels. It is used in conjunction with such materials as wood, stone, rattan, steel and cork.

INLAIN WITH BRASS

Very striking and rather like a stage set was a den with floor and walls of white leather, inlaid with brass. White leather draperies were held on rods with straps shipped through brass buckles.

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MANUEL'S

White or Brown SUGAR, 10 lbs.	79c	
Loin Trimmed PORK CHOPS, lb.	53c	
Snowflake SHORTENING, 2 lbs.	45c	Special 39c
RAISINS, Sticky, 2 lbs.	45c	
CHICKEN, Grade "A", lb. 47c		
Grapes 2 Lbs. 29c	Seedless Raisins 2 Lbs. 35c	
Oranges 2 Doz. 69c	Bacon Lb. 45c	
Scallops 1 Lb. Pkg. 75c	Matches 3 Pkgs. 27c	
Fresh Ground Hamburg, lb.	35c	
Potatoes Pk. 29c		PERFECTION 6 Tins 79c
Molasses Qt. 33c		
Icing SUGAR, 2 pkgs. ...	21c	Eating APPLES, 5 lb. bag .. 29c
Kraft DINNER, pkg.	15c	$\frac{1}{2}$ Lb. Pkg. MUSHROOMS 39c
	CASHMERE TISSUE 2 for 23c	12 oz. Tin Kam 39c
	Cheese, lb. 45c	

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Plus Bottle Deposit

Shirriff's Instant Puddings

It's a Bargain!

And We Like Making Bargains With You!

Because we know once you try Shirriff's amazing new kind of Instant Puddings you'll use them forever after!

SHEER LUCK!

Lucky you! This fabulous nylon offer is just in time for the party season ahead! You can have those nicer nylons you buy when you really want to treat yourself—but this time it's Shirriff's treat—so you can have them for $\frac{1}{2}$ price and 2 box fronts from Shirriff's Instant Puddings.

SHEER MAGIC!

Only a pudding like Shirriff's amazing new kind of Instant Pudding could make an offer like this! Because this is the only Instant Pudding that gives you creamy-smooth, home-cooked pudding flavour and consistency, right in the bowl while you're heating it—just like magic. Surprising offer! Surprising pudding! Everything you ever wished for in an Instant!

CHRISTMAS GIFT INSPIRATION—in perfect taste!

These are just the kind of luxury nylons that you insist upon for gift-giving; the kind that let you flatter your friends' taste for the nicer things of life! And just think, you can start now to fill in that Christmas list—and save dollars on your Christmas shopping! Please allow three weeks for delivery.

at $\frac{1}{2}$ price!

Regular value \$1.50. Special for limited time only 75¢ and 2 Shirriff's Instant Pudding box fronts.

THE BEST OF THE BARGAIN!

SHEER ILLUSION... the basic fashion-approved stocking shade that flatters by day and night—blends with the newer, subtler Autumn Fashion tones of softened browns, avocado, charcoal—as well as black, to suit your whole fall wardrobe. Sheer, 60 gauge, 15 denier "famous name" nylons that sell at a regular retail price of \$1.50 or more. For a limited time, you can stock up on them at half price (75¢) and two Shirriff's Instant Pudding box fronts for each pair ordered.

MAIL TO: Shirriff's Nylon Offer, Box 1530, Toronto, Ontario.

Please send me _____ pair(s) of "famous name" nylons in your fashion-approved Sheer Illusion shade. For each pair ordered I enclose 75¢ in cash, (no stamps please) and two box fronts from Shirriff's Instant Puddings.

Circle size wanted: 8 1/2 9 9 1/2 10 10 1/2 11

Name: _____ PLEASE PRINT CLEARLY

Postal Address: _____

Town: _____ Prov.: _____

(Offer expires Feb. 29, 1956)

PLEASE ALLOW 3 WEEKS FOR DELIVERY