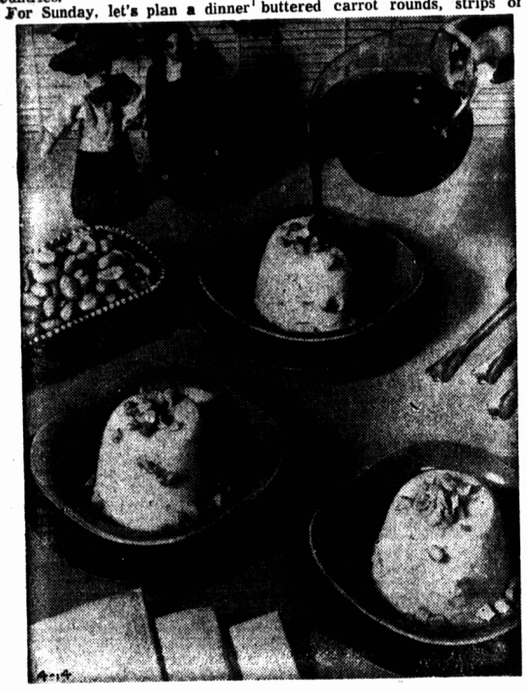
LET'S EAT

Pan-American Unity Celebrated In Food

By Ida Bailey Allen

This is Pan-American Day, a time when the United States and the Latin American countries celebrate mutual understanding, friendship and industrial progress. Official luncheons and dinners honoring the representing consulates are taking place in all these countries.

For Sunday, let's plan a dinner



CELEBRATE PAN-AMERICAN DAY with Custard Cream Pan-American, a delicious new dessert created especially for the occasion.

menu that will be in harmony withh the Latin American food customs, and ask our children to contribute to the dinner conversation something interesting they have learned about our neighbors south of the Rio Grande.

SUNDAY DINNER FOR HAPPY EATING

Tomato Bouillin Cheese Crisps
Arroz Con Pollo (Latin American chicken with rice)
Green Peas Carrot Rings
Pimientos
Avocado Cream Pan-American
Coffee

Arroz Con Pollo (Chicken with Rice Pan-American): This consists of 3 parts: Chicken, sauce and ricce.

The Chicken: Order a 4-lb. all-purpose chicken cut in sections as for frying. Dust all over with 2½ tsp. salt, ¼ tsp. pepper and 1 tsp. monosodium glutamate.

In a large frying pan heat 2 tbs. butter and 2 tbs. olive oil or salad oil. Add the chicken and ½ c. chopped onion, 2 crushed sections peeled garlic, and 2 tbs. minced parsley. Slow-fry until chicken browns all over.

Add following tomato sauce and simmer-boil about 1½ hrs., or until chicken is fork-tender.

The Sauce: Into a frying pan, put 2 tbs. butter and 2 sliced peeled onions; fry until lightly browned. Add 1 (No. 2½) can tomatoes; simmer 20 min. Rub through sieve into chicken.

The Rice: To 2½ c. white rice, add 2½ c. chicken broth or use 2½ c. hot water and 3 chicken bouillon cubes.

To Finish: Stir rice mixture into chicken. Transfer to 4 qt. casserole or baking dish. Cover and bake 35—40 min. in very hot oven, or until rice is flaky. Decorate with border of heated green peas, buttered carrot rounds, strips of pimiento, and parsley sprigs.

Debut! Custard Cream Pan-American: Combine 1 pkg. vanilla pudding mix and 2 c. milk in saucepan. Cook and stir over medium heat until mixture comes to full boil. Add 2 tbs. fine-chopped roast peanuts (not salted). Rinse 6 small custard cups with cold water. Spoon in pudding; chill. Garnish with coarse-chopped peanuts and pour over our new Pan-American sauce.

Pan - American Maple - Coffee Sauce: Stir 2½ tsp. instant coffee into ¼ c. boiling water in a saucepan. Pour in ½ c. maple-blended syrup. Simmer 3 min. Cool and serve.

FRIDAY DINNER FOR HAPPY EATING

Beet Aspic Sadadettes
Fish Fillets Louisiana
Baked Yams New Onions
Compote of Fruits
Coffee Tea Milk

Beet Aspic Saladettes: Sprinkle contents 1½ envelopes unflavored gelatin over ½ c. vinegar drained from pickled beets. Stir into 2 c. boiling water. Add 2 tbs. sugar, ½ tsp. salt and ½ tbs. lemon juice. Refrigerate until slightly thickened.

Stir in 1½ c. minced cooked beets, ½ c. chopped raw green cabbage or celery, and 1 tbs. each prepared horse-radish and minced green pepper.

Rinse an 8-in. pan with cold water. Spoon in gelatin mixture. Refrigerate 4 hrs., or until firm enough to cut in squares. Serve on lettuce or cress with commercial sour cream or salad dressing.

TRICK OF THE CHEF

Add 1 tbs. minced mint to the beet aspic for saladettes.

MARY HAWORTH'S MAIL

Lost Reputation And Now Asks Guidance

DEAR MARY HAWORTH: Up until three months ago I was respected by everyone and life was wonderful. But now I find myself on the brink of destruction, and as a last resort I am writing to you for guidance.

I played a foolish game, I realize now, by going out with fellows who were noted for their bad reputations. At first it didn't matter much, but then the false rumor got around that I was an easy mark, and I found myself the object of insolence on the street, and snide remarks were made about me.

Now the boys I go out with show me scant respect; and when I correct them they get angry and lie about me to other boys. I have tried to understand what brought me to this but I can't figure it out.

My girl friends believe the lie and I have really hardly any friends left. I am only 14, and that makes it doubly hard to take. (I look very much older than I am). I have asked the advice of a teacher but she didn't help much. What can I do to remedy this situation?

She Is Moving Towards Light

DEAR F. F.: It is regrettable that your teacher hadn't the savvy to really help you. Because at 14 you do need firsthand counselling and the supporting friendship of a wise older person who knows the world, to bring you around to the right road in life if you've gone astray.

My immediate advice is, don't lose courage in the present darkness. Something good can come of this distressing experience. Every cloud has a silver lining—and "whom the Lord loveth, He chastiseth." It seems the Lord has an eye on you, for I consider it providential that you were so soon "on the outs" with the reckless group of ignorant bad boys. This failure to please the wrong persons requires you to start from scratch in making other friends—and I should say this is the grace of God, pulling you in the direction of light.

If you haven't a real friend in the present crisis, it doesn't signify necessarily that you aren't worthy of love and loyalty and decent breaks; or that you've forfeited respectability as a consequence of folly. Rather I take it to mean that your environment is short on first-rate characters, such as would give a fine account of themselves in helping a youngster out of trouble. You just haven't had the contacts that would lead to reliable friendships. That field of opportunity hasn't yet opened to you.

Boy's Behavior Dishonors Them

Those boys who treat you with respect, then defame you to others when you correct them, are simply revealing the squalor of their spirit—since a man's attitude towards women is the index to his nature. "To the pure in heart all things are pure," remember. Whereas "all seems infected that the infected spy, as all seems yellow to the jaundiced eye." This I mention to ease your sense of shame, at being so misunderstood and falsely accused.

You aren't to blame for the boys' dishonorable conduct, so it's well to stop kicking yourself on that score. But you can and should take profit from what you've learned about the demoralizing effect of bad company. The lesson is, beware of it. Now, as to how to redress your mistake, my prescription is, join a church that provides a lively program for young people. You write from one of the biggest cities in the world, where it should be possible to find a congregation that meets your needs.

Confide your background problem to the pastor and ask his help in cleaning the slate and getting to know people who will be good for you.

M. H.

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

MR. AND MRS. JAN VERHULP

April Nuptials

A marriage of special interest to new Canadians was solemnized at Trinity United Church Parsonage by the Rev. Frank MacLean on Thursday, April 7 at 2 p.m. between Johanna Gerdinia, daughter of Mr. and Mrs. Cornelius Boelhouwer of Brookfield, and Jan Verhulp. Both were former residents of Holland.

The bridesmaid was Miss Cornelia Boelhouwer, sister of the bride and the groomsman was Mr. Donald Wood.

Following the marriage a reception was held at the home of Mr. and Mrs. E. C. Johnstone where friends and relatives gathered to offer their best wishes for a happy married life. Mrs. R. C. Parent poured tea and refreshments were served by the Misses Margaret Williams, Jane Wood, Teunhe Boelhouwer and Joan Bowness.

After the reception Mr. and Mrs. Vehulp left by automobile on a honeymoon trip through the Maritime Provinces.

The groom is employed at the Dominion Experimental Station, Charlottetown.

(Photo by Margaret Mallett)

ELLEN'S DIARY

by an Island Farmer's Wife

Improving? Aye, noticeaby—by our returning strength . . . and today, by our airs of impatience.

"Better" we recall a mother say of her brood then in varying stages of the measles." I can't say whether or not they are" she sighed. "I only know they're fussier."

"And that" the Doctor smiled "is a very good sign! When they are very ill, they are past that."

"What is this, Ellen? Tea! It doesn't bear a mite of resemblance to it—in look or taste. And that toast! You used to make nice toast—that tastes like chips . . . . Tomato soup—I always liked it. But not that, it must be a different brand. I think if you had ordered . . . I'd have fancied it more" this from James usually well content with his fare.

"The forecast! How could I hear it with your grumbling, Ellen? Now" with a glare "I've missed it! When does it come next? Not before . . . unless" brightening, poor fellow "it may come from CBA at . . ."

"It does . . ." we nodded, reassuringly, now somewhat contrite.

"No, it doesn't, Ellen! It won't, not before . . . I remember, because the other day . . ."

What matter anyway about the weather? Like the theme of the once popular "Jail song", we "weren't going any place!"—not even as far as the barn to see the latest-born calf, come only this morning, or to watch the one lambkin on range now with the flock, in a miracle single out his mother from the rest.

"It will be lost—right lost" Mack declared today, "His mother will be eating away on the other side of the field, and then all of a sudden do you know where he is? Right with her—having his dinner, tail wagging, happy as can be. Do you know how he finds her—and she so far away?"

How?",

"The lamb calls to her . . . you should hear him! Like this: "Ma-a-a-a!"

"And what does she do?"

"She bleats back: 'Ba-a-a-a!" she goes . . . And then" with a broad smile, "you should see him run to her! And she mostly comes a little way to meet him."

Answering a Shepherd's quiet call, these spring days, older folk came to the western gate on their pilgrimage of life . . . reached it, waited a moment while on noiseless hinges it opened, turning briefly to smile, we fancy, the sweetest smile ever to loved ones watching and friends, before passing within. Admirable folk-wise-proven and taught by many a vicissitude of living—and good. None good? Then certainly "grown in Grace."

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

MORNING SMILE

Harper — My daughter's music lessons are a fortune to me.

Carter — How is that?

Harper — They enabled me to buy the neighbor's houses at half price.

Cook's Corner

GRAPE-NUT PUDDING

½ c. grape-nuts
1 c. boiling water
½ c. of milk

Pour over grape-nuts and set aside to cool.

Mixture:

½ c. of sugar
2 eggs
1 tbsp. melted butter

Pour this mixture over grape-nuts. Add a pinch of flavor and raisins if desired, pour in pan and bake 20 minutes or until thick.

ANNE ADAMS PATTERNS

IT'S A SCOOP!

You'll love the smart flattery of that scooped neckline! You'll love the brief sleeves and flaring 4-gore skirt. Best of all, you'll love to sew this—it's so EASY! Make it in crisp cotton, faille, or a pretty nylon novelty. It's sew thrifty!

Pattern 4712: Misses' Sizes 12, 14, 16, 18, 20; 30, 32, 34, 36, 38, 40, 42. Size 16 takes 4¼ yards 35-inch fabric.

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, c/o The Guardian, 60 Front Street West, Toronto.

Wife Preservers

Be sure to follow strictly the instructions on the package when you are mixing a cake from an angel or sponge cake mix. If the cake mix is not beaten the length of time the instructions say, the results may be a failure of the cake when it is baked.

DOES MORE DISHES AT LESS COST
THAN ANY OTHER DETERGENT POWDER OR LIQUID!
GAY
LIQUID DETERGENT
CUTS TOUGHEST GREASE!
LOTION-MILD SO HANDS!
BIG 12 OZ. BOTTLE

FREE! CRYSTAL CLEAR PYREX BOWL in every GIANT-SIZE VEL

LOOK FOR THIS SPECIAL PACKAGE NOW AT YOUR DEALERS

You'll find so many uses for these practical and *attractive* Pyrex bowls. Mix, bake and serve, all in the same dish! Deep enough for generous, individual servings of bread puddings, fluffy custards, juicy meat pies, apple turnovers—*all* your favourite recipes.

These Crystal-clear Pyrex bowls with fancy, fluted edge will add a flair to *all* the food you serve. Collect a whole set! So *pretty*, so *useful*! Yours inside every giant size package of *VEL*—it's a gift you'll appreciate again and again, for years to come.

VEL CUTS GREASE FAST... but the marvel of VEL needn't end in your dishpan. It's so mild for delicate fabrics and your lovely hands.

Yippee! DOUGHNUT TWISTS

Raised light and tender with new Active Dry Yeast!

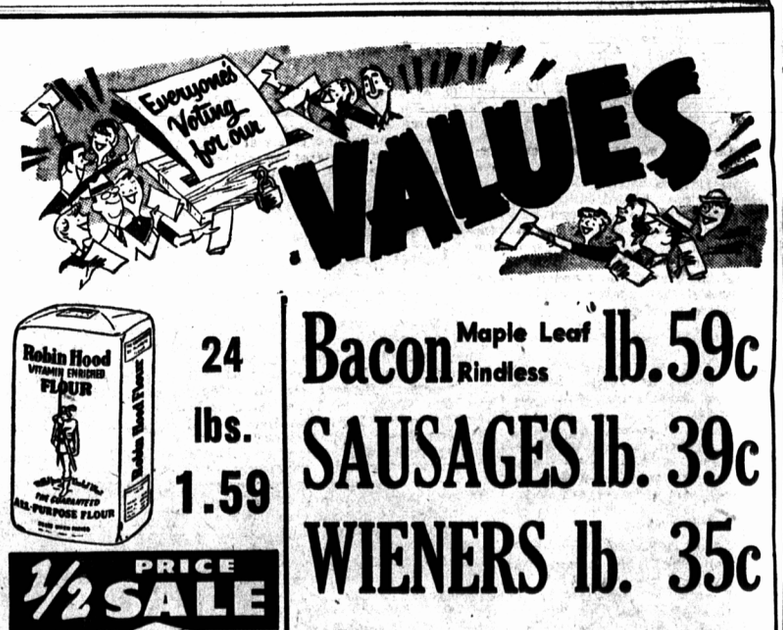
● There's a new twist in doughnuts—a new thrill in all your baking! Say goodbye to perishable yeast—Fleischmann's Active Dry Yeast keeps full-strength *until* you use it—fast-acting *when* you use it. Get a dozen packages—it keeps in your cupboard!

DOUGHNUT TWISTS

● Scald ½ c. milk, ½ c. granulated sugar, 1½ tsps. salt and ½ c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl ½ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Active Dry Yeast. Let stand 10 minutes, THEN stir well.

Add cooled milk mixture and stir in 2 well-beaten eggs and 1 tsp. vanilla. Stir in 2 c. once-sifted bread flour; beat until smooth. Work in 2¼ c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and set in a warm place, free from draught. Let rise until doubled in bulk. Punch down dough and roll out into a rectangle, ½" thick; loosen dough; roll again to ½" thickness. Cut into strips 7" long and ½" wide. Fold strips in half, twist, then pinch ends together. Arrange, well apart, on lightly-floured cookie sheets; grease tops. Cover and let rise until doubled in bulk. Carefully lift, a few at a time, into shortening that has been heated to 365° — hot enough to brown a cube of day-old bread in 60 seconds. When under-sides are browned, turn and cook second sides. Carefully lift from fat and drain on absorbent paper. Coat with a mixture of fruit sugar and cinnamon or brush hot doughnuts with the following syrup: Heat, stirring until the sugar dissolves, 1 c. granulated sugar, ¼ c. butter or margarine and ¼ c. water; simmer 5 mins., then stir in 1 tsp. vanilla; keep hot over boiling water — if syrup becomes too sugary, stir in a little boiling water and heat to boiling point. Yield — 3 dozen doughnuts.

Note: Dough may be cut with an orthodox doughnut cutter; fry the doughnuts and the "holes".



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2 FOR 63c

BUY ONE-GET ONE AT HALF PRICE

½ PRICE SALE

BUY ONE GET ONE at ½ PRICE 2 for 63c

HAWES' FLOOR GLOSS
NO RUBBING REQUIRED
1 Pint 59¢

Bacon Maple Leaf Rindless lb. 59c
SAUSAGES lb. 39c
WIENERS lb. 35c

CORNED Spare Ribs, lb. 19c
CORNED Pork, lb. 39c

2 for 9¢

Grapefruit, 6 for 39c
Oranges, 2 doz. . . 69c

CLARK'S 20 OZ. Pork and Beans, 2 for 39c

6 FOR 89¢

SUGAR 10 lbs. 89c

MAPLE LEAF LARD, lb. 21c
TOILET TISSUE, 3 for 25c
FLUFFO SHORTENING, 3 lbs. 85c
JAVEX, 16 oz., 2 for 35c

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