

Women

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IDA BAILEY ALLEN

Dinner Can Be Spoiled By Lukewarm Service

"No matter how perfectly food is prepared, the flavor is affected if it is served at the wrong temperature," the chef observed.

"Last night I attended a banquet. The soup was served lukewarm! The saddle of lamb was presented on cold dinner plates, which caused the fat to congeal! The rolls were cold and tough! The cold tossed salad was served on warm plates, and the cold ice cream parfait dishes were set on warm plates!"

of stalk (or use pickled Japanese scallions), 1/4 c. not-sweet French dressing and 1 tsp. soy sauce. Let stand 20 min.

In salad bowl, place five heaping c. shredded or torn soft lettuce and 2 small diced tomatoes. Pour in dressing and toss.

TRICK OF THE CHEF

Top hot Canadian - style pea soup with heated, canned fried onions.

AVOID SAME ERROR

"The same mistakes occur in home service, chef."

"Dishes used for cold foods should be chilled in the refrigerator or freezer. Plates and dishes for hot foods can easily be heated by placing them on a rack in a big double roaster, adding water below the rack, and steaming them hot."

"As to the service of piping-hot food for buffet affairs, the new platters keep food warm for hours, without cooking them further or drying them out. These trays and platters are not expensive and should last a lifetime."

TODAY'S TREAT

WESTERN SCRAMBLE

12 slices side bacon
1 medium sized onion (chopped)
2 cups canned corn
8 eggs
2 1/2 cup milk
Salt and pepper

Method:—Cut up bacon and place in cold frying pan with onion. Cook until bacon is lightly crisped and onion is tender. Drain off most fat. Turn in corn. Beat eggs slightly, add milk and stir into bacon mixture. Season and cook over low heat until set on sides and bottom. Draw set portion carefully from pan, allowing liquid to run under, continue until all is lightly set. Serve at once on hot buttered toast, or put slices of buttered toast together with this filling between, for a hot savory sandwich.

ROLLS

2 cups milk
2 tbs. shortening
2 tbs. white sugar
1 tbs. salt
2 eggs
1 yeast cake or 1 pkg. dried yeast

2 cups warm water

Method:—Heat milk, add to it the sugar, shortening, salt and eggs. Dissolve yeast cake in the warm water with 1 tsp. sugar and let stand for 10 minutes. Combine to warm liquids and flour to thick en. Let rise to double in bulk, shape in rolls and rise again. Bake in hot oven 15 to 20 minutes.

B.C. ISLAND

Graham Island in the Queen Charlotte group of the British Columbia coast has an area of 2,485 square miles.



THE COMMITTEE in charge of arrangements for the Past Noble Grands' afternoon tea; SEATED (left), Mrs. Ruby

Houle C. D. A.; (right), Mrs. Estelle Dennis; STANDING, left to right, Mrs. Jean Crockett, Mrs. Mildred Rodd, Mrs. Pearl Mac-

Kay, Mrs. Kathleen Cauty, Mrs. Jean Smith, Miss Mabel Worth, Mrs. Mary MacLaren, Miss Ethel J. Sutherland, Miss Hilda Har-

The Past Noble Grands Hold An Afternoon Tea

A very delightful and successful tea was held in the Odd Fellows building, Sydney St. on Saturday, May 23rd, under the auspices of Alpha Rebekah Past Noble Grands Club.

The tea table was covered with an exquisite hand-drawn li-

nen cloth and centered with a large bowl of carnations and snapdragon flanked by tall ivory tapers in silver candlesticks.

Pouring during the first hour were Mrs. Ruby Houle C.D.A., a past president of the Maritime

Rebekah Assembly, and Mrs. Estelle Dennis, vice-president of the Maritime Rebekah Assembly; and during the second hour, Mrs. Jean Crockett, a past president of the Maritime Rebekah Assembly, and Miss Hilda Harper, Past Noble Grand.

Those replenishing and serving were all Past Noble Grands.

The guests were received by the club president, Mrs. Kathleen Cauty, and ushered into the ban-

quet room by Miss Mabel Worth. The lounge and banquet room were resplendent with baskets of spring flowers. During the afternoon soft piano music was rendered by Miss Sondra Sutherland.

The variety table in charge of Mrs. Lulu Nicholson, Mrs. Loretta White and Mrs. Josie Howatt added much to the success of this occasion. Mrs. Pearl MacKay was convener of the tea.

This "Let's Try It" Is Really Very Helpful

Every woman has her own collection of tips and hints for better homemaking. Over the years Madge Lewt has collected hundreds of easy do-it-yourself ideas and here are some of them.

Next time you want to wind yarn into balls, use the wrapper from the yarn as a core. When you are ready to order more, the required information will be readily available.

If you are going to travel in your car, try pinning a shoe bag to the back of the front seat. The pockets will be handy for maps, glasses, cigarettes, cards, flashlight, etc.

Fisherman in your family? Try this way to dry the inside of wet boots quickly. Attach the hose of your vacuum to the machine's blower outlet. Insert the hose nozzle inside the wet boots and they will be dry fast.

Your step-on garbage pail will stay clean and dry if you place a paper plate at the bottom before lining it with newspaper or paper bag. The plate will absorb excess moisture.

Don't throw away rubber rings from food jars. Use the rings between chinaware to prevent scratching dishes as you stack them.

Highest Dietetic Award Won By Young Island Girl

Miss Virginia Matheson of Albion Cross, Prince Edward Island, was the winner at the Montreal General Hospital of the National Award of the Canadian Dietetic Association. Miss Matheson a daughter of Mr. and Mrs. Matheson, St. Peter's, is a granddaughter of the late Mr. and Mrs. Benjamin Wood of Alexandria. Her mother, the former Miss Anita Wood, attended Acadia Ladies Seminary and the daughter is a graduate of Acadia University.

Dr. Percival told graduates that the whole of our society is built on interdependence—interdependence among families—among dietitians and firms and doctors—among trade and professions—among towns and cities.

"Science," she said, "has tended to make this interdependence more inevitable by shortening distance between peoples and countries. But unless science and service can work hand in hand, the very agencies which have brought us closer together may prove to be our undoing."

Miss Virginia Matheson has been appointed to the staff of the Montreal General Hospital as teacher of dietetics, her duties to commence on September 1st.



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HIGHFIELD W.M.S.

The Highfield W.M.S. met at the home of Mrs. Stillman Frizzell for their May meeting. The president Mrs. Frizzell opened the meeting with a hymn, "Jesus Thou Joy of Loving Hearts", followed by scripture in unison; Luke 10:25-37 and Matthew 23:31-46.

The leader then led in prayer. This period closed with the Lord's Prayer and a hymn. The collection was received and dedicated. The minutes were read and approved.

Eight members answered roll call and one visitor was welcomed. Mrs. Chas. Hurry and Mrs. Stillman Frizzell gave a very interesting and informative report on the Presbyterial.

Friendship secretary reported 18 sick calls and 11 home calls, 15 get-well and 12 baby cards sent.

Citizenship secretary, Mrs. Irving Frizzell read a very interesting article on the "Hazards of social drinking."

The Mission Band were asked to take part in the W.M.S. Rally which is to be held in Highfield Church, June 20.

Mrs. D. O. Clark will be hostess for the June meeting with a box of clothing will be packed for Korea. Mrs. Irving Frizzell will be devotional leader, word for verse "fellowship". A delicious lunch was served by the hostess.

YORK POINT W.I.

The regular monthly meeting of the York Point W.I. met at the home of Mrs. Fulton Sanderson on May 4th. Meeting opened by singing the ode followed by the creed in unison.

Roll call was answered by seven members and two visitors were present. Minutes of last meeting were read and approved.

Treasurer reported \$31.65 on hand. Sick committee remembered two members with potted plants. Mrs. Reg MacEwen read an interesting paper and questionnaire on agriculture.

Mrs. Cleve Roberts invited members for the June meeting. Lunch committee, Mrs. Stanley Murchison and Mrs. Reg MacEwen were present. Minutes of last meeting were read and approved. National Anthem. Lunch was served by hostess and committee in charge.

BIG BIRDS

The world's largest albatross species with a wingspread of 10 feet inhabits Gough Island in the south Atlantic.

CAPE EGMONT W.I.

The May meeting of Cape Egmont Women's Institute was held at the home of Mrs. Ben. V. Gallant. Twenty members were present.

Fifty-eight print squares were provided by members to make a quilt. Items for school were also purchased.

It was decided to hold an executive meeting at the home of Mrs. John W. Gallant prior to the district convention in Mont Carmel hall, June 18 and it was also decided to enter the school in the Beautification contest.

Mrs. Cyr Gallant donated a pair of pillow cases which were laundered and realized the amount of \$9.95 for W.I. funds. Next meeting is to be held at the home of Mrs. Aylre Gallant. The meeting adjourned.

TRAVELLERS REST W.M.S.

The W.M.S. of Travellers Rest catered to the North Bedouque charge Men's Association, with a delicious turkey banquet to

about 100 men and women at

Travellers Rest hall. Allen Clow, president of the association presided, and Grace was offered by Rev. Mr. Brown. Alison Profit was chairman of the entertainment program which consisted of a sing-song, followed by instrumental music by Jessie Burns, Douglas Proffit and Winifred Burns. Walter Costa gave several selections on the accordion.

Ennor Taylor, Allison Reeves and Douglas Proffit entertained with several musical selections. Rev. Mr. Brown told some interesting stories taken from life in the country.

The president welcomed the guests from Bedouque and Kensington Men's Associations which was responded to by Ralph Calbeck and Vernon Paynter.

Rev. Mr. Brown gave an inspiring talk on the advantages of living a Christian life and closed the meeting with prayer.

FORT AUGUSTUS C.W.I.

Mrs. Louis Heron was re-elected president of Fort Augustus parish council for the coming year at a meeting held Wednesday evening, May 20th.

Other officers elected included: 1st. vice president, Miss Marie Simpson; 2nd vice president, Mrs. Melvin McLaughlin; 3rd vice president, Mrs. Charles Duffy; secretary, Mrs. John J. Grimes; treasurer, Mrs. Chester Hughes.

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