



BARBECUED SPARE RIBS

First a layer ribs, then some onions, then sauce.

RECIPE FOR SAUCE

Chop 1 medium onion and fry in 2 tablespoons fat or margarine. Add 1/4 cup lemon juice, 2 tablespoons vinegar, 1 teaspoon Worcestershire sauce, 2 tablespoons brown sugar, 1/2 cup catsup, 1 cup chili sauce or ketchup, salt and pepper to taste.

Cook slowly for 20 minutes. Pour over spare ribs and bake 1 hour or so for 2 lbs. ribs.

MARY HAWORTH

Good Worker Can't Stay On One Job Long

Dear Mary Haworth: My husband was killed in the war, in 1943. We had loved each other before the war, and had just entered into marriage. I have adjusted myself to the loss and don't think that part of my life has any bearing on the present problem.

I am 33 and, in the past 10 years, I have worked for five different firms. I am a secretary, but if time permits and girls in other jobs are rushed, I help them too; and in this way there isn't much in office work I haven't done.

My employers praise me as a good all-around worker, very adaptable and cooperative. Whenever I have left a job, all my associates have seemed sorry. Each time I have resigned, I've been offered other work with the same firm—in another office, with another boss—but I never have felt that would solve anything. So I quit altogether.

FEELS BORED

At each place I've had a few real friends, some of whom I still see. I go to church, teach Sunday School, have a few part-time jobs, and my social life is about what it should be. So is my health—tested by regular examinations.

TRY BEING REAL

Dear E. C.: It seems to me there is something insistently significant and compulsively Pollyannaish about your praise of the various situations and different casts of characters you have known, in your rapid passage from job to job.

You determinedly and conscientiously think the best of everyone, almost in a spirit of "I'll like them if it kills me." And you knock yourself out trying to be the ideal employee and co-worker, in the general estimate; nevertheless, you relax as a simple ordinary human being, as faulty as the next fellow, permitting yourself to be humanly critical or candidly selfish on occasion.

GET ON BEAM

It is my surmise that you are unconsciously hamstrung by an ingrained network of "no's and don'ts," that prevent you from knowing and respecting and constructively expressing your real vital self, in a congenial program of activity. You are emotionally throttled by a complex of conflicts, resentments, repressions, frustrations, etc., that permit you no peace or enjoyment of living.

You are trying to be somebody you think you should be, instead of getting acquainted with the person you are, and being true to self, in your daily experience—insofar as it is possible, prudent or feasible. My advice is to start work on discovering and developing your own integrity as a human being, after which contentment with situations will flourish, I think.

In this project you may need some psychological guidance; and in the city from which you write much excellent help of that sort is available. M. H.

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

HOUSEHOLD HINT

Stains on table linens should be washed after one using. Do not try to use "just once more." There are almost sure to be some food or liquid stains after a meal, and these should be taken care of at once. Cloth and napkins can be laundered later.

Words Of The Wise

I have found that most people are about as happy as they make on their minds to be.

Slimming Measures For Bulky Hips

By Ida Jean Kain

Are hefty hips inherited? When weight is gained, there is a tendency to take on the fat according to the inherited family build. To that extent, we may say that hefty hips can be a family characteristic.

But the problem must be analyzed from all angles. Despite family build, only excess calories can go into fat storage—on the hips or elsewhere. And when upholstered hips are part and parcel of overweight, diet is necessary to reducing, including the hips.

Whether or not you need to reduce generally, exercise is a necessary slimming measure. Well directed exercise stimulates circulation in the hip area, thus activating the fat cells parked there. Also, by restoring tone to the bulky gluteus maximus and minimus muscles, exercise shapes the silhouette.

Here's a streamlining trio of hip exercises:

Start with a leg inging routine, holding the movement at intervals.
SWING AND HOLD
Position: Catch hold of a chair back with right hand. Stand on right leg, leaving left leg free to swing.

Movement: Swing left leg freely forward and then swing leg going

past a 45 degree angle on both swings. Swing forward again freely and again back. . . . and on the second rearward swing . . . hold to a slow count of four. Hit the rhythm of swing, swing swing, swing back and hold—1-2-3-4, and swing again. Repeat for a while, then change position and swing with the opposite leg.

Try a different rolling technique, should level.
Position: Sitting on floor, leaning back to bring weight to bear on hip bulge, palms of hands on floor at sides, slightly back.

Movement: Keeping legs together knees straight, raise legs off floor and swing over to the left, rolling along that thighline. Swing legs in an arc, toward right, rolling across backside and on over to the other thighline. In any rolling movement, always make it slow and heavy.

Position: Lying on back on floor, legs stretched down, arms out at sides, should level.

Movement: Raise right leg to right angle, pressing small of back against the floor. Hold. Swing leg across body and touch right toes to outstretched left hand. Repeat about 10 times. It is helpful to bring leg first to right angle position, for by so doing, this exercise also helps tone the abdominal muscles.

ELLEN'S DIARY

Fishers And Fishers

These days the grayish crane, one of our friends of past summers, comes in to the millpond to angle, bringing us news of the river below—saying "You should see how pretty the farms are along there now, Ellen, so green and lovely with promise. Spring comes a bit earlier there than it does to these inland places. Guess" with a chuckle, "it takes the sun a while longer mornings to get over your wooded hills! Do you know that one farmer down there has a whole field of potatoes planted already? And here you can still look out on edgings of snow about woodlands."

So the crane—the heron-bird, drifts down to the pond like a smallish plane come to rest there, to fish, and bring us tidings of the world down the river. And from a harbor-hamlet, whence the boats go out at dawn to deep waters, the fisherman's shiny truck once more breezes up to our door on its weekly trip. Back again after "this awful-long winter" with offerings of fresh cod to refresh the seasonal yearning of the cooks' menus.

To be baked, fresh from the ice of the truck. Yes, brushed with drippings, stuffed with a savory dressing, seasoned, and wrapped then in waxed paper or foil to save every vitamin possible and to make the washing-up afterwards no messy task for the cook. Serve then with dash of vinegar or as some of the family like it with a mustard and vinegar sauce, it is as James says "a dish fit for a king."

This afternoon, the farmers brought the fencing always an extensive work for them with stream and field and woody places to be tended in this regard, to a satisfying close for the time. To the farmwives relief, they worked in a near field, so close that James could call to us, where to keep an eye to a pair of lads who fished, we too for the first time this year wet a line in the stream. And then with little to encourage us and no takings we put the blame on the rusted hook, on the lack of breeze, on the bright sunlight about.

We took no trout but from the alders and other trees about, from

fields came enchanting arias of birds and from the woodland across the road we gathered the first notes of the thrush.

"Listen!" we said breathlessly to our young companions. "There's fields came enchanting arias of a thrush singing! Can you hear it?"

"Aw," MacI replied. "I thought you got a trout."

"It seems to go well with" this time of year," James said lunching tonight on baked cod, in a one-for-the-road-to-Dreamland fare.

"And you won't sleep one wink after eating it," he fussed.

"Won't I?" he smiled broadly.

And now maiden-moon smiles and spreads May-silver about them along the quiet reaches of the valley.

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



SHEILA MacINNIS NURSING GRAD

Mrs. William W. MacInnis, Charlottetown, leaves on May 29 to attend the graduation exercises of the Ottawa Civic Hospital. Her daughter, Miss Sheila MacInnis, will graduate June 6 with the class of student nurses.

WOMEN

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HAPPENINGS

Mrs. Benjamin Howard of "Howardene," Sherbrooke, Quebec, entertained twice in honour of the Charlottetown Little Theatre Guild. Guests included Senator Elsie Inman and residents of Sherbrooke.

The lovely Michael—Allick wedding in Spring Hill, Nova Scotia, last Saturday was attended by more than two hundred relatives and friends. The relatives attending from Charlottetown were: Mr. Thomas Michael, Mrs. Michael, Miss Anne Michael, Mr. Roger Michael, Mr. and Mrs. George Michael, Miss Carol Michael, Mr. and Mrs. Charles Michael, Mr. and Mrs. Frank Michael, Mr. and Mrs. William Michael, Miss Mary Michael, Mr. John Michael, Miss Dorothy Michael, Mrs. Stanley Leffly. Besides the relatives there were a great many out-of-town friends from Charlottetown, Amherst, Toronto, Moncton, and Halifax.

Mr. and Mrs. Hector E. MacDonald and their children, Margaret Isobel, Norman, and Margaret, spent last weekend with Mrs. MacDonald's parents, Mr. and Mrs. William Ferguson, Church Street, Pictou, Nova Scotia.

Mrs. A.D. Clark and children, David and Cynthia, are spending two months' holidays with Mrs. Clark's parents, Mr. and Mrs. Earle Simmons, Summerside. Mr. and Mrs. Tom Richardson and children, Tyler and Susan, spent the weekend with Mrs. Richardson's parents, Mr. and Mrs. Harold B. Schurman, Summer Street.

Dr. and Mrs. Muncy Tanton, Woodstock, N.B., spent the weekend with Dr. Tanton's parents, Dr. and Mrs. E.T. Tanton, Summerside.

Mr. and Mrs. Don Perry and Mr. and Mrs. Horace Clark motored to Halifax on Saturday for the weekend. While there they were the guests of Mr. and Mrs. E. MacLeod.

Mr. and Mrs. Ralph Coles and children, Preston, Alan, and Caroline, Moncton, N.B., spent the weekend with Mr. Coles' parents, Mr. and Mrs. G.A. Coles, Summerside.

Dr. and Mrs. Ben Tanton, Vancouver, B.C., are visiting Dr. Tanton's parents, Dr. and Mrs. E.T. Tanton, Mrs. Tanton's mother, Mrs. J.E. Campbell, Summerside.

O'LEARY EVENING AUXILIARY W.M.S.

On Thursday evening, May 3rd, the Evening Auxiliary of the O'Leary United Church, entertained the Ladies' of the Bloomfield W.M.S., and the Afternoon Auxiliary of the Church. The meeting opened with Prayer, and a welcome to the visitors by the President, Mrs. Donald Mackenzie.

The worship service was conducted by Mrs. Bruce MacDougall; theme, Motherhood and the Home. A hymn was followed by Scripture reading by Mrs. Harry Adams; meditation and prayer by Mrs. Bruce MacDougall.

A duet, My Mother's Prayer, was rendered by Mrs. E. W. Turner and Mrs. Lewis Bernard. A reading, Jesus and The Boy was given by Mrs. Cecil Dennis before

the closing hymn. The business part of the meeting opened with the reading of the minutes. Roll call was answered by fifteen members. Immigrants was the message of the Christian Citizenship Secretary, Mrs. Lewis Bernard.

Correspondence was read and discussed. The Supply Secretary, Mrs. E. W. Turner, reported on the layette. It was decided to cater to a wedding reception, to raise funds for supply work.

The offering was received by Mrs. Herbert Vatcher, and dedicated by Mrs. Donald MacKenzie. Next meeting will be held at the home of Mrs. Elva Wedlock, lunch committee, Mrs. MacKenzie, Mrs. Turner, Mrs. MacNeill; devotional leader, Mrs. Turner; Prayer for missionary, Mrs. Gamble.

Prayer for Irene Moore by Mrs. Turner closed the business part of the meeting.

By request Mrs. Donald MacKenzie presented the very instructive study on the organization and aims of the W.M.S. She was assisted by Mrs. Bruce MacDougall and Mrs. Elva Wedlock.

Two films were shown, based on the Study Book. The first, Passport to Canada, showed the coming of the immigrants to our land and fitting into our way of life.

The second was The People of the Skena. This showed the life of the Indians, and how their ways of living are changing to the modern ways of the White Man.

The meeting closed by singing, "Blest be the Tie that Binds," followed by the Mizpah Benediction.

Votes of thanks were extended to the Auxiliary by Mrs. Arthur Metherall of the Bloomfield W. M. S., and Mrs. W. E. Turner of the Afternoon Auxiliary.

A delicious lunch was served by

HOLY REDEEMER C.W.L.

The regular monthly meeting of Holy Redeemer C.W.L. was held in the Community Centre on Monday, May 7th. The newly elected President, Mrs. Alan McDonald, occupied the chair and the meeting opened with the league prayer. After roll call the secretary, Mrs. John A. McDonald, read the minutes of the previous regular, annual and executive meetings which were approved as read.

Mrs. Alex McLean, corresponding secretary read the correspondence which was followed by the report of the treasurer Mrs. Thos. McAvinn.

Final arrangements were made for a Turkey and Salad Supper to be served at the Community Centre on Wednesday, May 16th. Plans were also finalized for a Communion Breakfast for the First Communion Class after the 9 o'clock Mass on Sunday, May 20th.

Mrs. A. Curley and Mrs. A. Shephard offered to continue their services for the balance of the Card Parties.

The President Mrs. McDonald, addressed the meeting briefly and thanked the members for the confidence placed in her. She asked all members to take part in the Corpus Christi Procession on June 3rd.

There being no further business the meeting adjourned on motion of Mrs. Stephen Trainor. Lunch and social hour followed.

MORE COMPLICATED
Venetian card packs in the 18th century had 78 cards in four suits—56 numerals and 22 face-cards.



THE PIPING MATCHES

Mrs. Everett MacDougall and Miss Rita Shanahan recent models at the centennial Y's Mennettes Fashion Show are modelling outfits that will possibly be your most comfortable all summer for dancing, shopping or almost any occasion.

These costumes consist of fully lined circular skirt in printed glazed cotton, soft orlon sweater top piped in matching trim. Mrs. MacDougall's is in midnight blue with citron yellow, and Miss Shanahan's in avocado green and lightening pink.



PRINCESS LIKES PONIES, TOO

While Queen Elizabeth of Britain pets the pony ridden by her husband, the Duke of Edinburgh, little Princess Anne appears eager for her chance. They had just come from watching the Duke take part in a polo match at Windsor, England.

LET'S EAT

Fruit Gelatins Now Contain Vitamin C

By Ida Bailey Allen

The new fortified gelatin desserts are particularly important because Vitamin C is not stored in the body to any great extent, and, therefore, is the one vitamin which should be included in everybody's daily diet. A single serving of the fortified gelatin yields a child more than a third of his daily minimum Vitamin C requirement and an adult a fourth of his needs.

Fruit Snow: Add 1 pkg. prepared fruit gelatin fortified with Vitamin C, to 1 c. hot or boiling water. Stir until dissolved. Add 1 cup cold water. Refrigerate until beginning to thicken.

Add 2 egg whites and beat until light and frothy.

Transfer to 3 chilled custard cups. Refrigerate 3 hrs.

Unmold and serve garnished with fresh or canned fruit.

Tomorrow's Dinner: Anchovy tomato saladettes; chicken - mushroom-spinach; casserole; popped baked potatoes; fruit snow; coffee, tea or milk.

All measurements are level unless otherwise specified.

For each person, put together 2 slices of tomato, sandwich fresh anchovy fillets.

Chill. Serve on lettuce barely moistened with French dressing.

Chicken - Mushroom - Spinach Casserole: In 6 buttered or margined individual casseroles (1 1/4 c. each), place the following: 2 lbs. cooked, cleaned, chopped spinach combined with 1/2 c. white sauce made with equal parts chicken broth and milk.

Cover with 3 c. flaked or coarsely chopped o.d. meats of cooked chicken. Add 1/2 lb. cleaned, chopped, fresh mushrooms, or 2 (4 oz.)

cans drained mushroom stems and pieces.

Dot with 2 tsp. butter. Sprinkle with 1/2 c. grated Parmesan or other cheese. Bake 35 min. or until lightly browned in a moderate oven, 350 degrees F.

Trick of the Chef: To pop potatoes, bake as usual. Cut a Maltese cross on top down through the skin, then press the pulp up from the bottom until it pops up through the skin. Place a square of table butter, or a ball of maitre d'hotel or parsley butter, in the top. Serve at once.

Transfer to 3 chilled custard cups. Refrigerate 3 hrs.

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LIVER	FRESH BEEF	35c
BACON FRESH	SLICED	lb. 39c

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