

Lime Sparks The Flavor Of Beverages And Foods

By Ida Bailey Allen

"It's too warm, to think, even to plan the meals," said the chef. "Let's take five minutes off to sip a refreshing drink first enjoyed in Florida: a glass of equal parts of well-chilled orange and pineapple juice sparkled with the juice of half a lime.

"Here in the taste-test kitchen we make lime butter for seasoning cooked carrots, beets and broccoli.

"Just melt 1/4 cup butter and stir in 1 tablespoon lime juice. Also, while limes are in season, we always serve a wedge with canteloupe or add lime juice to fruit cups to spark up the flavor.

"As for desserts, here is our latest creation.

Lime Lady Puff. Split 12 ladyfingers lengthwise. Cut off the ends. Stand the ladyfingers cut side down, around the edge of a 9" glass pie plate.

Arrange the remaining ladyfingers and pieces in the bottom of the plate.

In a double boiler top, mix together 1 envelope unflavored gelatin, 1/2 c. sugar and 1/4 tsp. salt. Separate 4 eggs. Beat the yolks until creamy.

Add 1/2 c. Florida lime juice and 1/4 c. cold water. Stir in the gelatin mixture.

Cook-stir about 6 min. over boiling water or until the gelatin dissolves and the mixture thickens. Remove from the water. Stir in 2 tsp. grated Florida lime rind. Refrigerate until beginning to thicken.

Beat the egg whites until stiff but not dry. Gradually beat in 1/2 c. sugar (additional). Continue to beat until very stiff.

Then fold in the gelatin mixture and 1/2 c. heavy cream, whipped stiff.

Spoon into the pie plate. Refrigerate 4 hrs. or until firm. Garnish with additional whipped cream.

Sunday Dinner: Vegetable juice cocktail; baked glazed ham; hot potato salad; corn-on-cob; sliced cucumbers; lime lady puff; hot or iced coffee or tea or milk.

New Combination. There's something new under the sun! Fish filets braised on sauerkraut makes an unusual entrée.

Fish Filets Braised on Sauerkraut. Separate 2 lbs. slightly thawed frozen fish filets into portions. Brush with not-sweet French dressing. Dust with 1 tsp. each salt and monosodium glutamate and brown on both sides in butter or margarine.

Meatime, simmer the contents 1 (No. 2) can sauerkraut with 1/2 c. drained canned tomato for 15 min.

Transfer to a baking dish that can go-to-table. Top with the fish. Bake 35 min. at 375 degrees F.

Tomorrow's Dinner: Cucumber Aspic Salad; fish filets braised on sauerkraut; creamed whole potatoes; strawberry-pineapple-lime in cups; hot or iced coffee or tea or milk.

Creamed Whole Potatoes: Boil and peel 12 small new potatoes. Add to 2 1/2 c. white sauce enriched with 2 tsp. mayonnaise and brightened with 1 tsp. minced parsley.

Trick of the Chef: When used as an ingredient, grate lime or lemon rind rather coarse, then mash with the back of a spoon to release the fine flavor oils.



MR. AND MRS. CARTER EDGAR VANIDERSTINE AND PARTY

Vanilderstine - Fraser Wedding At New Glasgow

A pretty wedding took place in first Presbyterian church, New Glasgow, N.S., on June 9th 1956, at 3:15 p.m.; when Shirley Rose, daughter of Mr. and Mrs. Robert N. Fraser of New Glasgow, was united with Carter Edgar, son of Mr. and Mrs. Edgar Vanilderstine of St. Peter's Road, P.E.I.

The double ring ceremony was performed by Rev. Hugh Creaser, pastor of the church, in the presence of relatives and friends.

The bride, who was given in marriage by her father, wore a pale blue suit of nylon gabardine with navy accessories and a corsage of red roses.

She was attended by Mrs. William Westray as matron of honor or wearing a navy suit with white accessories and a corsage of pink roses.

Chester MacSwain, Jr. of Peters Road was best man.

A reception for about sixty-five people was held at the Norfolk Hotel. The bride's table was covered with a white linen cloth centered with a row of sweetheart roses and a three-tier wedding cake. Receiving with the bride party were the parents of both bride and groom.

The bride's mother wore a navy sheer dress with white accessories.

WOMEN

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ly, has been visiting her family in Kitchener, Hamilton and Toronto. In the latter city she attended the wedding of her daughter, Rita. Mrs. Walsh returned to the island by car via Brocton, Mass., spending a few days there visiting relatives and friends.

Mr. and Mrs. Thos. W. Howes of London, England, arrived in Charlottetown to spend a few weeks vacation with their daughter and son-in-law, Mr. and Mrs. E.W. Hogan of Churchill Avenue, City.

Mr. and Mrs. John Holroyd accompanied by Mr. and Mrs. Stanley Proude returned after spending the holiday weekend in Houlton, Maine.

The hostesses at the Charlottetown Tennis Saturday will be Miss Jackie Cummins and Mrs. Charles Willett.

The hostesses for the Golf tea Saturday are the following: Miss H. L. Scar, Junior, Miss Margaret MacMillan, Miss Iris MacLellan, Miss Marjorie Stewart, Miss Dorothy Stewart, Miss Mabel Adams, and Mrs. Eleanor Ayotte.

G.C. and Mrs. W.P. Sweetman spent the holiday weekend at Keppoch, the guests of Mr. and Mrs. Charles Trainor.

Mr. and Mrs. Donald Callbeck, and son Jonathan of Boston, Mass., are spending the summer months in Summerside.

Mr. George Callbeck, his daughter, Mrs. Shirley Simpson, and grandson David, spent the weekend in Cape Breton, the guests of Mr. Callbeck's daughter and son-in-law, Mr. and Mrs. Lloyd Inman.

Mr. G.M. Mulholland took up his new duties at the Provincial bank in Charlottetown on Tuesday.

ST. THERESA'S C.W.L. The monthly meeting of the St. Theresa's Sub-division of the C.W.L. was held on Sunday June 24th, at the Parochial House with a good attendance.

Meeting opened with the League Prayer by the president, Mrs. Walter Rogerson. Minutes of previous meeting were read approved and signed.

Final arrangements were made for the general cleaning of church which was to be held on Wednesday at 1 p.m. It was moved and seconded that \$3.00 be donated towards prizes for Catechism.

Discussion then took place on the Parish picnic which is to be held on Aug. 8th. Final arrangements for same will be made at the next monthly meeting which is to be held at the home of Mrs. Raymond Gill. This being no further business meeting then adjourned.

A dainty lunch was served by Miss Mayme Cameron, assisted by Mrs. Jas. Kenny, Miss Noreen Mooney, Clara Gill and Patricia McLaren.

ELLEN'S DIARY

The Dogs Holiday Too

"They're not big, Ellen," James said of the pair of the cow-kid the farmers were helping down from the little truck. "By the light of the silvery moon" in the barnyard tonight, "No," his tone was a little forlorn, "not worth the money we paid. But they're growly little fellows. A spell on the grass and we'll not know them," he offered boyishly, leading one away to the stable.

The moon—was there ever such a moon-of-summer as that which looked down then on the valley—down on the dusky-dark of the woodlands and the dewy fields of the farmlands about, sweet with the calm of night, interlaced with the frogs' tunes! Then animals comfortably stalled until morning—the farmers turned toward respective homes.

We slipped an arm through James' left one—that nearest his heart, and followed along the beaten path to the house. So bright were its eaves, its chimneys washed by the moonlight, the tops of the lawn-trees in the background in charming relief against the clear night-sky. And the countryside hushed and still-sleeping softly.

"By rights, Ellen, we had enough cattle before this," James commented. "But there's no work to the like of these—they'll go out to the grass. I like to see cattle on pasture just, particularly," he added, "if it's decent pasture and set beside a stream or brook. You know," he chuckled, "I must have been born too late! There could be a line of machines, cars, trucks, tractors extending from here to the end of the lane, and they would have little appeal to me—except of course for their usefulness. I would see no beauty in them. Not a mite. But give me stock in the fields for a pretty sight—cattle grazing in content, sheep and lambs smoothing their pasture, horses sleek and dappled eating or lazing in the shadow of pasture-trees. And a few rows in a grassy paddock—that too makes a fairly arresting sight, and, he nodded, "they go very well with the farming!"

And because it seems that no summer is willing to pass over our heads at Alderlea without giving us some work of repair to do, so today interests turned in that direction and a carpenter was taken into the family. He came to complete an unfinished piece of shingle commenced last fall on the roof of a vacant house of the farms, one destined according to Mack to be his home and castle some day. It is a neat dwelling, set not far from Rob's, and against that rise of valley, and overlooking a stretch of mill-stream.

The dogs holiday too now, catching the spirit of the vacationing youngsters. The pup looks his disappointment when Blackie sensing the truck's destination follows in to sit at the feet of our children. It is a mystery to us how he can determine where the trip is to end. He goes of his own accord with them on short outings and shows no inclination to go when they set forth on longer excursions from the place.

"How does he know when to go?" we asked, when he followed them into the cab this morning.

"He knows—don't you, Blackie?" Mack chuckled proudly into the dog's answering smile. "You don't have to explain things to some dogs." He nodded, "they just seem to know."

"The sixth month? Aye, in its turn, the ruby month of the year. Until tomorrow — — — Diary Good-night.

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MORNING SMILE

Professor: "How much is nine times fourteen?"

Assistant: "One hundred and seven, sen. Couldn't you do that?"

Professor: "Sure, but fools multiply rapidly."

HAPPENINGS

Mrs. Alice M. Berry, O.B.E., J.P., International president of the Associated Countrywomen of the World had glorious Island weather for her visit to this Prince Edward Island.

The Women's Institute members had their first view of Mrs. Berry, Wednesday afternoon, when she made her regal entrance to the Prince of Wales College platform. Mrs. Berry's personality and beautifully resonant voice immediately made their impact upon her audience.

The garden party held at the Experimental Farm, Mt. Edward, Canada, was a happy affair. Mrs. Berry like all world travellers asked innumerable questions about the trees and flowers.

It was one of life's rich experiences to hear Mrs. Berry's address in the evening. This great humanitarian, of course, has a character that makes her equally at home whether it be in the Castle or in the mud hut, in some far flung part of the Commonwealth. Mrs. Berry dealt with great issues, but there was also in her address the warm intimate touch, that was dear to the heart of all her listeners.

She told of her young Australian husband who served in the first war and who never has a day's health thereafter. The Australians like our Canadians were renowned for loyalty and courage. Then she simply stated, but with emotion in the voice: "After some years I lost him. Now I am travelling and doing alone some of the things we had planned to do together."

Mrs. Berry told of her sheep station in Australia, where she has put a manager in charge of her forty seven thousand acres of land and seven thousand sheep.

Mrs. Berry has a grand sense of humour. She told about a young American she had staying with her during the war. Upon being asked his impressions of Australia he said "Ma'am the Americans made a great hit everywhere with their salutation ma'am it's just miles and miles and miles of more miles and miles and miles." (This remark was interspersed with a few other descriptive words.)

Mrs. Berry has two daughters and seven grandchildren.

Words Of The Wise

Hope is as cheap as despair. —(Thomas Fuller)

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COOK'S CORNER

SUPPER CASSEROLE

1 can peas.
1/2 lb. ground beef.
1 1/4 cups canned tomatoes.
1 chopped onion.

Brown the meat well in a frying pan. Add tomatoes, onion and seasoning. Simmer for 20 minutes. Arrange alternate layers of peas and meat mixture in a casserole. Sprinkle with bread or cracker crumbs and dot with butter or margarine. Bake in a 400-degree oven for 12 hour. Serves four.

While in the province they were the guests of Mrs. MacLean's parents, Mr. and Mrs. Henry Jenkins, Cross Roads. They also visited Mr. MacLeans mother, Mrs. Mary MacLynne and many relatives and friends.

Mrs. John Walsh, East Royal-

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KEEP IN TRIM

Exercises Hit The Spot

By Ida Jean Kala

In the season of abbreviated sleeves and shorts, Eve's daughters are looking for fast working exercises to tone and beautify the upper arms and the muscles which flank the inner and outer thigh-line.

When taking arm exercises, it's easy to swing wide of the mark and miss the triceps. The secret is to direct the line of pull through the triceps. Here are some exercises that hit the spot.

Position: Standing, arms out sideways at shoulder level, elbows straight, palms forward.

MAKE TINY CIRCLES

Movement: Stretching clear to the finger tips and holding arms tense, make tiny circles, the diameter of which should be no larger than a half dollar. Check to see if you're in the groove... place fingers of left hand on sagging spot on the right arm. You can feel the action take hold as you circle. Do this exercise daily... it takes only a jiffy and can subtract years from the appearance of the upper arms.

Now add resistance... Position: Standing or sitting, fingers clasped in front of chest, forearms straight.

Movement: Resisting with the right hand, pull to the left. Then, resisting with left hand pull to ward the right. Since the insertion of the pectoral muscle is in a groove in the upper arm, this same exercise is amazingly effective in toning the muscles which support the bust.

BEST ON FLOOR

Now for the thighs: It takes a sine-wave swing or a circular motion to reach the inner thigh muscles. Exercise taken from a lying-down position is much more effective.

Position: Lie on side, one leg on top of the other.

Movement: Raise the top leg, tense leg muscles, and leading



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ROBIN HOOD White & Chocolate CAKE MIX 2 pkgs.	49c	GRAPEFRUIT, 6 for	49c
Tomato SOUP, 2 tins	25c	Cottage Cheese, pkg.	25c
PICNIC HAMS, lb.	49c	Kraut DINNER, 2 pkgs.	29c
ROBIN HOOD Flaky Pie Crust Mix 2 pkgs.	69c	Icing SUGAR, 2 pkgs.	23c
PIE CRUST 2 pkgs.	69c	Fancy Bulk COOKIES, lb.	39c
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FLOUR 25 lb. bag			
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REGIONAL IMMUNIZATION CLINICS

Protection against DIPHtheria, WHOOPING COUGH, TETANUS and SMALLPOX will be given to PRESCHOOL children in the following REGIONAL CLINICS and from SURROUNDING DISTRICTS:

- WEST PRINCE**
- Tuesday, July 10 —10:00—Ebbfleet
10:45—Palmer Road South
- EAST PRINCE**
- Thursday, July 12 — 9:30—Miscouche
11:00—St. Eleonora
Friday, July 13 — 9:30—Bedque
10:15—Central Bedque
- ALSO — at the above East Prince clinics — school children in Grades 1 to 6 from Linkletter, Belmont and Central Lot 13 who have not had their FIRST polio inoculation may receive this at the nearest centre.
- WEST and CENTRAL QUEENS**
- Protection against DIPHtheria, WHOOPING COUGH, TETANUS and SMALLPOX for PRESCHOOL children — ALSO — at the West and Central Queens clinics school children in Grades 1 to 6 from SURROUNDING DISTRICTS who have not had their FIRST polio inoculation may receive this at the following centres:
- Tuesday, July 10 —10:00—Bonshaw
1:30—Crapaud
9:30—Pownal
10:30—Mt. Herbert Orphanage
- Wednesday, July 11 —10:00—Breadalbane Village
Thursday, July 12 — 9:30—Pleasant Valley
10:45—South Milton
- EAST KINGS**
- ONLY — protection against DIPHtheria, WHOOPING COUGH TETANUS and SMALLPOX will be given to PRESCHOOL children in the following CENTRES and from SURROUNDING DISTRICTS:
- Wednesday, July 11 — 9:45—St. Peter's South
2:00—Fortune Bridge
- KEEP THIS FOR REFERENCE**
DEPARTMENT OF HEALTH