

Golden Anniversary Fetes Don A. Martins

The following interesting news were used in decorating, and a item is from an American paper. The write-up is accompanied by a very fine photograph of Mr. and Mrs. Martin, Senior, cutting a four tier wedding cake.

Fifty years ago in Butte, Mont., Bessie Oates exchanged nuptial vows with Don A. Martin, and last Sunday over 150 friends and relatives gathered at the home of their daughter and son-in-law, Dr. and Mrs. W. T. Sechrist, 3017 Hill, Huntington Park, to felicitate the couple on their golden wedding anniversary. Co-hosts for the affair were their son and his wife, Mr. and Mrs. Don A. Martin, Jr., 3510 Westside Ave., Los Angeles. Another daughter, Mrs. S. J. Goddell, Ingwood, and son, Glenn L. Martin, Orange, Texas, were present. The couple has 11 grandchildren.

Also present for the festivities at their wedding with Mrs. Martin, Jr., as hostesses, were the couple, was Mrs. Lettie Willis Staebler, bridesmaid at the ceremony. She came from Butte, Mont., with her daughter, Mrs. Ken Prowse and her granddaughter, Collette.

Bird of Paradise, yellow chrysanthemums and gilded leaves



HAREM DRAPED
The panel front is a high fashion silk taffeta by Edith Small. Call highlight in this graceful short ed "Melodie," it has sweetheart evening gown in four shades of bodice.

LET'S EAT Grapefruit Is Served Twice For Breakfast

By IDA BAILEY ALLEN
During our recent trip, the high spot each day was early morning breakfast with Alan Rains, our host for the tour of the Pacific States.

"A good breakfast is certainly necessary before one takes to the road on a long drive," remarked Mr. Rains. "My favorite is not found on any restaurant menu; but even after many years of constant travel, I find it always interesting, refreshing, and very appetizing."

MARVELOUS MEAL
"What is this marvelous meal?" inquired the Chef.
"It's a grapefruit sandwich breakfast."
"You start with half a grapefruit, then a boiled or poached egg—or bacon or ham with eggs—battered toast and coffee. Top it off with a dish of grapefruit sections, with a few slices of strawberry, halved grapes, slices of apple or peach to vary the flavor according to season."
"That's certainly a wholesome appetizing breakfast and it provides the day's full quota of Vitamin C," remarked Mr. Rains, attacking his unique breakfast with enthusiasm.

Sunday Dinner:
Finocchio-Lettuce salad
Roast Lamb, Brown Gravy
Pan Roast Potatoes
Baked-Fried Eggplant
Fresh Fruit Cup
Sherbet Topping
Coffee, tea or milk.
All measurements are level.
Recipes proportioned to serve 4 to 6.

Baked - Fried Eggplant: Wash (1 lb.) eggplant. Slice 1/2" thick, cut in halves. Brush with mayonnaise. Dust with salt, garlic salt (optional), monosodium glutamate and pepper; coat with fine dry bread crumbs.
Place in an oiled baking pan (pieces not touching). Bake 20 minutes, until golden brown in a moderate oven, 375 degrees to 400 degrees F. Turn once.
The following menu features, as often baked on the West Coast.

NIAGARA POWER BILLS
WASHINGTON (AP) — Bills to authorize New York state to build a \$600,000,000 power project at Niagara Falls were introduced Monday in Congress. Identical bills were introduced in the Senate and the House of Representatives.
The proposal represents a compromise between public and some private interests.

MARY HAWORTH

No Thought At Christmas

Dear Mary Haworth: I am so blue I could cry. My husband and I weren't given a single gift at Christmas, although I spent generously for gifts for my folks. They merely said we shouldn't have done it, that Christmas is for children, but I notice they kept the gifts.

My folks live on a farm, and my eldest brother supports my parents. His twin-sister lives there also with her three children. She is separated from her husband, who sends \$15 a week towards their support. She and her children got a lot of Christmas gifts from my two brothers and mother—and my parents also got various presents.

Last June I spent \$60 on mother's birthday. And in November, my eldest brother's fiancée came out from the city for his birthday, with her folks, bringing a lovely amount of your goods. On that occasion mother said to me: "Here is a girl who never gets a present." I was so embarrassed to have them hear it.

When my youngest brother married two years ago I gave them a lovely shower gift and wedding gift. Evidently their baby was born in a lovely sweater set and carriage cover. All my life I have bought gifts for my folks, and my husband says I am foolish to keep it up. He says it looks as if they don't love me, but just want all they can get from me.

My two brothers make more money than my husband, but never give me a present—not even at Christmas. Should I forget the gift to my mother? My husband and I argue all the time as he thinks they are making a fool of me. Please answer; tell me the solution, as I am heart-broken. L.V.

MEANLY BIASED

Dear L.V.: Taking the story at face value, it may be said in all fairness that your folks' attitude seems meanly selfish and offensively complacent—almost as if they relish the contrast between their gift booty and your failure to get anything for Christmas and birthday.

As for the inner meaning of this ignorant brand of unkindness on their part, I am sorry to say that such "rejection" is not only heard at one son or daughter in a family, usually has its origin in the mother's bias, which may be outspoken or unconscious.

The mother establishes the tone of love, or lack of it, in intimate family dealings; and such hurtful indifference as you've experienced in relation to your folks, is a by-product of childish "feelings" in your mother. Evidently she finds herself unable to love her children inclusively, with mature maternal devotion.

To love inclusively means to have good will towards each member of the group; and to be compassionately alert to the need of all, and good to all, not playing favorites—regardless of who is, or who isn't, "personally attractive" to you.

Plainly your mother just hasn't grown up in this mature level of understanding and self-management in relation to her family and, for some reason or other, she just doesn't "take to you," temperamentally—which certainly isn't your fault. It's nothing you can help. It refers to blind spots and fixations in her emotional psychology.

The general pitch of your parents' behavior, in depending upon their son for support, etc., suggests that they both are pretty immature—and have little light or help to give their children, in any department of living.

For advance: Take their defection in stride. Stop struggling with it; stop trying to change it; above all, stop spending extravagantly on such her and sacrifice all activities not compatible with married life with her?

7. Do my plans keep on consciously and insistently organizing around her?

DEATH FOR YOUTH

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MORNING SMILE

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KEEP IN TRIM

To Diet Doesn't Mean You Are Losing Strength

By IDA JEAN KAIN
If you can adjust your thinking so as to turn your excuse for not reducing into the very reason why you should take off the excess pounds, your whole attitude toward reducing changes.

For example, you perhaps reason that being a busy homemaker, you have to keep up your strength and therefore you cannot diet. Your logic is right, but you are reasoning from the wrong premise—for there is no strength in excess fat. If your daily food pattern keeps your weight too high, actually you are not eating in a way that can most effectively keep up your strength. With weight at desirable normal you will have more energy and tire less quickly.

It takes energy to carry excess poundage. To get a vivid picture, you take a bundle that weighs about the amount of your excess. Viewed objectively, it is obvious that you are doing yourself no favor to continue to carry the burden.

ESSENTIAL NUTRIENTS
In your previous diets you felt weak and weary, not in the food pattern, but in the lost weight. By applying nutrition science, a reducing menu can be the best in the world. With the right food pattern built around the protective foods, you can eat to keep up your strength while losing excess fat. All essential nutrients must be included in adequate amounts—with the deficit in calories only.

The protective list includes lean meat, fish or fowl, skim milk or non-fat buttermilk, eggs and cottage cheese, green and yellow vegetables fruits including a citrus fruit or juice and whole grains.

As a hunger control measure, build each of the three meals around a protein food, and have a scientific pick-up in the late afternoon to maintain a normal blood sugar level.

WON'T FEEL HUNGRY
On well balanced reducing fare you will not feel hungry or tired. Take it from another reducer. "A protein food at each meal and an afternoon pick-up makes reducing a pleasure. I don't have that starved feeling before my evening meal... and have no gastric distress because I no longer want to eat so fast at dinner."

Why not diet to keep up your strength? After you have reduced part of the excess fat you will be amazed at your increased energy.

65 Year Old Bachelor Recommends This Quiz

By SAM SOLOMON
TORONTO (CP)—King Saud of Saudi Arabia may not have had much trouble selecting his 80 to 90 wives, but, warns a prominent Canadian psychologist and educator, Canadian youth should be ultra careful in selecting their one.

Young couples contemplating marriage, says Dr. Samuel R. Laycock, should seek to know and understand each other well before they are married.

"Racial origin, religion and social status as well as temperament and character all are important factors in determining the success of a marriage," he said in an interview here.

INDEPENDENCE VITAL
"The need for independence, for reasonably managing one's own life and making one's own decisions is the rock on which many marriages are shipwrecked. True love releases the latent potentialities and gives a fuller sense of freedom because of self-realization."

Young people are "fooling themselves" if they think they're taking little risk in cases where their boy friends or girl friends come from unhappy homes, he says. The whole pattern of how to get along with other people is apt to be absorbed by children from their own homes.

The successful marriage, says Dr. Laycock, himself a 65-year-old bachelor, is a partnership that involves "give and take."

Dr. Laycock recommends that young men contemplating marriage ask themselves the following questions, which should be answered affirmatively:

1. Do I love her with all her faults included?
2. Do I find greater happiness in her presence than anywhere else?
3. Do I like her family? If not, can I be sure I will never have to associate with them, much less, live with them or borrow money from them?
4. When not with her, am I continually wishing I were?
5. Am I eager to defer to her, to give full weight to her opinions, wishes and judgments?
6. Would I be not only willing, but glad, to spend my whole life with her and sacrifice all activities not compatible with married life with her?
7. Do my plans keep on consciously and insistently organizing around her?

COOK'S CORNER

JUNE BUGS
1 cup white
1 cup white sugar
1 cup dates
Thicken with coconut. Drop from spoon on wax paper and cook in slow oven.

Orange Blossom Buns

1. Scald 1/2 cup milk
Stir in 1/2 cup granulated sugar, 1/2 teaspoon salt, 1/2 cup shortening
Cool to lukewarm.

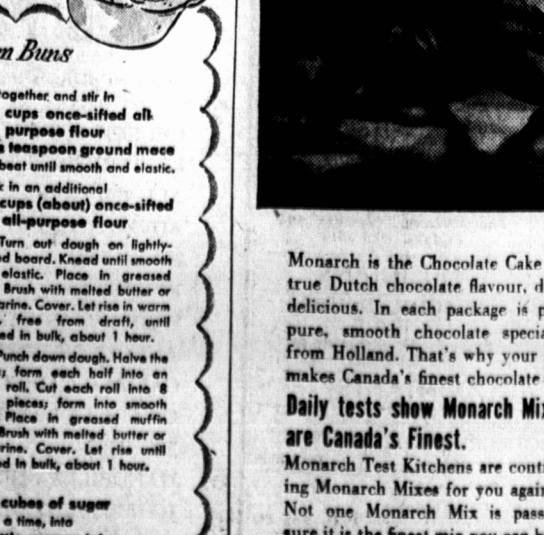
2. Measure into bowl 1/2 cup lukewarm water
Stir in 2 teaspoons granulated sugar
Sprinkle with contents of 2 envelopes Fleischmann's Active Dry Yeast
Let stand 10 minutes, then stir well.
Stir in lukewarm milk mixture and 2 well-beaten eggs
1 tablespoon grated orange rind

Sift together and stir in 2 cups once-sifted all-purpose flour
1/2 teaspoon ground mace and beat until smooth and elastic.
Work in an additional 2 cups (about) once-sifted all-purpose flour.

3. Turn out dough on lightly-floured board. Knead until smooth and elastic. Place in greased bowl. Brush with melted butter or margarine. Cover. Let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

4. Punch down dough. Have the dough, form each half into an 8-inch roll. Cut each roll into 8 equal pieces; form into smooth balls. Place in greased muffin pans. Brush with melted butter or margarine. Cover. Let rise until doubled in bulk, about 1 hour.
Dip 16 cubes of sugar one at a time, into a little orange juice and press a cube into top of each bun. Bake in a moderately hot oven, 375°, about 25 minutes. Yield—14 buns.

Sure to please!
Easy to make... and sure to please the fuzziest appetite! You'd make them often... these light tender buns with a delicate orange flavor. For finest results when you bake at home, always depend on Fleischmann's Active Dry Yeast!



FLEISCHMANN'S ACTIVE DRY YEAST
Needs no refrigeration

HIGHFIELD W. A.

London Sees Wrap-Fronted Skirts For Late Afternoon

By SYLVIA HACK
CANADIAN Press Staff Writer
LONDON (CP)—What will women wear this spring?

Part of the answer is supplied by Arthur Banks, British couturier who flies to Canada once a year to show a collection of his clothes. His spring show in London maintains the slim look for daywear, but introduces draping and wrap-fronted skirts for late afternoon wear.

Suits have plenty of soft detail with neat, defined gathers or pleats on the hip-line of the jacket. Some of the skirts also show the gathered hip-line.

Matching dress and jacket ensembles are still in vogue and Banks uses pastel shepherd plaids and printed and plain silks for them.

CHIFFON POPULAR
Silk chiffon, top fashion for evening wear this year, is also used for later afternoon dresses. Tiered horizontal effects are achieved

She Taught RAF Pilots Aerial Photo Technique

VICTORIA (CP)—Miss Barbara Davies enjoys her work as a government photographer, and she'll go anywhere anytime the call comes.

The pert brunette, a civil servant since 1951, for the last three years has been assistant photographer in forestry.

"I generally sleep in a tent," she said. "Some of the young fellows like to sleep out in their sleeping bags to show how tough they are. I expect; but I like my tent."

A tent is needed in northern British Columbia or the interior, for protection against the elements in winter and for refuge from mosquitoes and black flies in summer.

Miss Davies is well trained in photography. It had been her work in Britain during the Second World War as a member of the WAAF. For two and a half years she taught young pilots aerial camera work and how to make a photographic run.

She is also an angler and a ski enthusiast.

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The Guardian Page 9 Thursday, Feb. 7, 1957

weight canvas tweed suit in beige, piped around slit pockets with caramel contrast.

Two dresses about to go are a beige chiffon model used with a tiered-effect and a navy silk slim fitting number patterned with large pin roses. The low draped neckline is also reflected in the side-wrap draping of the skirt.

Other ensembles in the collection include a matching dress and coat of bamboo green woven in two different weights. The heavier weave being used for the coat.

Banks, who has been to Canada two years running with his "flying fashion" scheme—whereby people can order numbers he displays and they're made up in London and flown back—plans to go again this August.

"I love a Canadian audience," says Banks. "Canadian women usually know what they want and don't dither around—they're a pleasure to deal with."

WEEKEND SPECIALS Queen Street Meat Market

- THE LITTLE SHOP WITH THE BIG STOCK.
BEEF AGED JUST RIGHT FOR FLAVOR AND TENDERNESS.
- ROUND STEAK lb. 59c
 - SHOULDER ROAST BEEF lb. 35c
 - RIB BEEF & BRISKET lb. 29c
 - FRESH GROUND HAMBURG 2 lbs. 59c
- COUNTRY STYLE PORK —
- LOIN ROAST PORK, Rind on lb. 59c
 - FRESH HAM lb. 55c
 - FRESH BACON lb. 55c
 - SHOULDER ROAST lb. 49c
 - REG. SMOKED BACON lb. 69c
 - CORNED TONGUE lb. 39c
 - CORNED PORK lb. 49c
 - CORNED NECK RIBS 3 lbs. 50c
 - Home Made POTTED MEAT, per bowl 35c
- WE ALSO CARRY LAMB, CHICKEN & FOWL.
- FISH**—Fresh Haddock, Fresh Haddock Fillets, Halibut, Salmon, Smelts, Smoked Fillets, Oysters, Salt Mackerel, Salt Cod and Digbys.
Free delivery to all parts of the City regardless of size of order.

—STORE HOURS—

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8 a.m. to 5:30 p.m.
Friday—8 a.m. to 9:30 p.m.
One of the many stores on P.E.I. that carries Government inspected beef.
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"Peach Snowcaps" are more flavourful

—made with Monarch Chocolate Cake Mix



Monarch is the Chocolate Cake Mix with the true Dutch chocolate flavour, deep, dark and delicious. In each package is plenty of that pure, smooth chocolate specially imported from Holland. That's why your Monarch Mix makes Canada's finest chocolate cake.

Daily tests show Monarch Mixes are Canada's Finest.

Monarch Test Kitchens are continuously testing Monarch Mixes for you against all others. Not one Monarch Mix is passed till we're sure it is the finest mix you can buy, positively Canada's Finest.

PEACH SNOWCAPS
Bake a Monarch Chocolate Cake according to the easy package directions, using an 8" square cake pan. When cool, cut into 9 squares. Top each with a cherry. Place a drained peach half, cut side down, over cherry. Cover completely with meringue. Place Snowcaps on cookie sheet 4" below oven broiler for 2-3 minutes or until meringue is lightly browned. Chill before serving.

Meringue: Beat 3 egg whites (room temperature) to soft peak stage. Gradually add 1/2 cup granulated sugar, 1/4 teaspoon cinnamon, 1/2 teaspoon vanilla. Continue to beat until mixture forms stiff, but not dry, peaks.

Canada's Finest — **Monarch** mixes
Cakes Mixes • Sponge Pudding • Ice Box Pie • Tea-Bisk • Pie Crust Mix