

How To Feel Energetic On A Diet

By Ida Jean Kala

The science of nutrition has taken the hazards and the hunger out of reducing. The principle of reducing is this: when the calories in the daily diet are cut below requirements, nature is forced to draw on reserve food stored in excess pounds, and body fat is lost.

Whether or not you are dieting, the body is constantly repairing and renewing itself. For this vital reason, the protective foods which furnish the necessary repair materials must be included in adequate amounts in a safe reducing diet.

Or to express it another way, think of the extra pounds as being made up of fats, starches and sugars, materials that can be safely drawn on for parts of your energy needs. Carry it further... think what these stored pounds lack. They lack protein, minerals, and vitamins, the very nutrients needed daily. The well nourished body has some reserves of these vital materials, but there is no effective storage. And that is why the daily diet, regardless of calorie restriction, must be built around the foods that cover these protective requirements.

CONTAIN MORE PROTEIN

Modern adequate reducing diets contain as much or more protein

than is normally used. A safe diet must contain adequate protein to make good the upkeep and repair of body tissue. It is advantageous to have extra protein (and by extra is meant protein not needed for tissue repair), since protein stimulates the metabolism. For this reason, modern reducing diets include one or two eggs, a pint of skim milk or buttermilk or one glass of milk and an ounce of cheese or one-half cup of cottage cheese, and 5 or 6 ounces of lean meat, fish or chicken.

Carbohydrate foods (sugar and starches) are burned more quickly than any other foods, and are especially to be watched on a reducing diet. It is important, however, to include some carbohydrate in each meal, for a small amount acts as "kinding" and helps to burn fat clean, preventing acidosis. Therefore, the scientific reducing diet includes some potato, a small amount of bread or cereal, fruits and vegetables. On limited calories, pies, cakes and candies boost calories too high and defeat your purpose.

It's a happy fact that including the protective foods in adequate amounts on a low calorie diet can even increase energy as the pounds are being lost. That's the way to feel wonderful on a diet.

HAPPENINGS

Miss Jean MacFadyen has returned home from a holiday in the U.S.A.

Mr. and Mrs. Tony Williams and Mrs. Williams' niece, Miss Nancy MacNeill spent the long week-end in Halifax.

Mrs. Don Birch and daughter, Karleen left Friday for Calgary, where they will spend the summer months with Mrs. Birch's parents.

Mrs. Harlan Inman and Mrs. Roy Raynor were co-hostesses at a pre-nuptial kitchen shower at the former's home on Thursday evening in honor of Miss Betty Inman. The gifts were opened by Miss Janice Inman and were arranged by Miss Margaret MacNevin. The accompanying verses were read by Miss Dorothy Cannon. Lunch was served by the hostesses.

A miscellaneous old time show was held May 21, at the home of Mr. and Mrs. Pius Hughes in honor of Miss Joan Beaton and Cst. Bert Fisch whose marriage will take place June 5th, at St. Dunstan's Basilica.

The bride and groom-to-be were escorted to their chairs and were wheeled in, in a decorated wagon drawn by Brenda Lee aged two and a half years was winsome in her floor length gown of white organdy, while Pat aged five years looked quaint in his R.C.M.P. attire.

Miss Bernadette McManus assisted the bride-to-be in opening her gifts while Mrs. Art Monaghan read the verses. After the opening of the gifts the guests gathered in another room and had an enjoyable evening dancing the old time lancers and waltz to the Hughes Orchestra.

A delicious supper was served by the hostess, assisted by Mrs. John MacDougall, Mrs. Brendan Curran, Miss Bernadette McManus.

Friends of Miss Eleanor Clapp entertained Thursday evening at a miscellaneous shower in her honour at St. Paul's Social Hall. The decorations were most attractive and included wedding bells and bows of spring flowers. Many beautiful gifts were received on this happy occasion. Miss Clapp's marriage to Mr. Alexander Ingelman took place Saturday at St. Paul's Church, Charlottetown.

The Right Rev. Monsignor A.L. MacIntyre, Cranbrook, British Columbia, arrived in the province to attend the ordination of his nephew Mr. Wendell MacIntyre, son of Mr. and Mrs. Michael MacIntyre, Selkirk, Prince Edward Island. The ordination took place Saturday, May 26th at St. Dunstan's Basilica.

The ninety-sixth annual convocation (the one hundred and twenty-first since the establishment of the College as the Central Academy) of Prince of Wales College was held in the College Auditorium Friday, May 25, at ten o'clock. The dignified and impressive programme was enjoyed by all present.

The young men and women graduates presented a fine Canadian picture. The "sweet young girl graduates" in such charming and individual white frocks wore coronas of red roses.

One frock of special interest was that of Miss Helen Martell, Georgetown. It was ivory lace of the twenties period and had been worn by Miss Martell's mother, Miss Katherine Fraser, also a graduate of Prince of Wales College.

The Prince of Wales College Dance was held Friday evening, May 25th in the College Auditorium. The chaperones were Dr. and Mrs. Frank MacKinnon and Mr. and Mrs. Gordon L. Bennett. The receiving line welcoming the guests were Dr. and Mrs. McKinnon, Mr. and Mrs. Bennett, and Mr. Alan Douglas, the class president.

Another lovely party after the Prince of Wales College dance was held at Mr. and Mrs. J. Gordon MacDonald's residence "Fitzroy Hall," Fitzroy Street. The guests of honor were the fourth year graduates of Prince of Wales College and their friends. The grand young hosts were Ian Maclean, Douglas Cudmore and David MacDonald.

Miss Janet Wood, daughter of Mr. and Mrs. Wendell Wood, Central Royalty, leaves Friday for Jasper, Alberta. Miss Marian MacDonald, daughter of Mr. Henry MacDonald, Central Royalty left Monday for Jasper. These young ladies will be employed for the summer at Jasper Park Lodge, one of the world's beauty spots. Summer appointments at Jasper Park Lodge are much desired by

WCTU Will Give Battle

Winnipeg (cp)—The Women's Christian Temperance Unions in Manitoba are preparing for a new battle.

Their forces are small, about 235 members. There are about 370,000 persons who drink in the province.

This year, when communities vote on new liquor outlets, will see the biggest WCTU campaign since prohibition.

Most members of the union are housewives. They get no financial help from other sources and little encouragement, but their moves are watched closely by politicians. One thing makes them strong, the certainty that they do God's work by fighting "that great evil drink."

The new WCTU program includes education and rehabilitation as well as discouragement of drinking. But even in such a small band there is disagreement.

Staunch prohibitionists "make the rest of us look foolish," one member said.

Says Mrs. F. Stockford, provincial president of the WCTU: "We shall pray more and never admit defeat. When the local option vote comes we shall be ready."

all young Canadians and these young Islanders are very fortunate as is Jasper Lodge.

Mr. Calvin Wood has returned from Dalhousie University where he completed first year law. Mr. Parker is a son of Mr. and Mrs. Barbara Brannen, formerly of Charlottetown, nurse-in-training at Saint John, New Brunswick. General Hospital is a guest of Miss Wilma and Janet Wood, Central Royalty.

Mr. and Mrs. Peter MacIntyre, San Francisco, California and their daughter, Miss Rose MacIntyre and Mrs. Frank Gormely, Providence, Rhode Island, attended the ordination of Mr. Wendell MacIntyre on Saturday at St. Dunstan's Basilica.

W. COVE HEAD W.M.S. The West Covehead W.M.S. met at the home of Mrs. Chesley Hughs on the evening of May 21st with eight members present. Mrs. Herbert Hughs led the devotions, in the absence of Mrs. Orr McCann. Various members assisted and Mrs. Leith MacKinnon read the Christian Stewardship reading.

The business meeting was conducted by the president. Minutes were read and approved. Mrs. Green resigned as president and supply secretary, reporting a balance of \$23.83 in the reserve fund. It was moved by Mrs. Grove MacMillan and seconded by Mrs. Leigh MacKinnon that Mrs. Gidon MacLauchlan be new supply secretary.

A letter re raising our allocation was read and Mrs. MacLauchlan instructed to reply that we are not in favor of such a move but that we will raise as much money as we can. Ten sick and shut-in calls were reported by members since last meeting and ten cards sent. Mrs. Herbert Hughs invited the members to her home for the June meeting. Mrs. Frank Hughs, Mrs. Chesley Hughs and Mrs. Orr McCann are the new lunch committee. Mrs. Lorn MacMillan summarized a chapter of the study book. Mrs. Roland Beirsto will have the chapter for next meeting. Collection for the evening was \$2.00. Meeting closed with the Mizpah benediction.

Lunch was served by the hostess and committee in charge. A social hour was enjoyed by all.

'Words Of The Wise' I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary whilst the great ocean of truth lay all undiscovered before me.—(Isaac Newton).

CRITICS ACCLAIM LOIS MARSHAL LONDON (Reuters) — London critics today applaud Toronto soprano Lois Marshall's first concert performance in England Saturday night.

Miss Marshall performed with the Royal Philharmonic Orchestra, conducted by Sir Thomas Beecham, at London's ultra-modern Royal Festival Hall.

The Daily Telegraph says Miss Marshall received "the kind of ovation which is only reserved for the few."

Describing her performance of Marten Aller Arten which she gave for an encore, The Telegraph says: "This combined the dramatic and coloratura elements of her voice with a skill and thrillingness the like of which have not been heard in London for a long time."

The Daily Mail, after describing how Miss Marshall had overcome a childhood attack of polio, says her rendition of Mozart's Exsultate Jubilate was not only perfect but "Miss Marshall infused such a degree of color into her voice that the final alleluia was transformed into a radiant hymn of thanksgiving."

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WOMEN

Page 8, The Guardian Tuesday, May 29 1956

ELLEN'S DIARY

Should Have A Grandfather

Now Mary hurries her days on toward the month's close. And the same, hardly believing that it is this well-loved of the year's children which waits now around some greening bend of the way. What a month that will be! Busy for grown-up and school-child, always extremely so, but nonetheless dear.

Meanwhile, what else does May do? Pins cowslips along pond and stream in shining meadow-gold; opens shaggy dandelions to be gathered in precious bouquets; of garden-places heads tulips. Takes the farmwife to her chicks and her gardening, and brings her farmers to their fields.

Off they go in the sunshine to the cultivating, proudly turning to new red the earthy furrows. Or are they spreading the lime? Or is it fertilizer for grain, for first plantings of turnips or potatoes perhaps, so to catch the benefit of earlier markets? Or maybe today, as did some of these of ours they went to spread the manure which by way of winter-haulings to the fields grew into sizable heaps?

This spring at Alderlea in a venture in which a neighbor helps and is helped, the use of a trio of tractors, a pair of manure-spreaders, and a manure-lift tend not only to lighten the work for the farmers concerned, but also to shorten appreciably the time heretofore demanded by the chore.

In a change, though certainly no holiday for him, it fell to James' lot to remain at the buildings today to take over the cares

of the choring; to attend as well to those little incidentals to it which to have done is to prove the truth of the saying that "Every farm should have a grandfather about."

We swam him carry a tidbit of green sod to a parcel of piglets, and supplementary milk to a lambkin. A suspect of calf rearing and in a piggy, a guard-rail was set in place in a mother-to-be's sty. Dinner-time called him away from brushing and cleaning the fat cattle, come now to an interesting stage in their stabling. So quickly it seemed his day moved toward the round-up time of the evening when the stock pasturing near are brought in to over-night shelter.

"They're all here," James said counting heads before doors were flung wide, "all but that white-faced one."

"All but the white-faced one," Mack echoed importantly, "now what's to be done about that?"

"He's nowhere in sight," James said scanning the rise of field, "He may come if I call." The call was intriguing to hear, the tones ringing along the valley, the echo returning magically on the stillness of the evening air.

"Call again!" Granddaughter urged smilingly.

The animal came on the run to join his companions and the shelter of the stables for the night.

Night we have now—one piped in to us beautifully we recall by "A hundred pipers an' an' a'."

Until tomorrow — a Diary — Good-night.



ENGAGEMENT IS ANNOUNCED

LOIS JANET ANDERSON DR. E. A. MACKENZIE

The marriage will take place June 2nd, in Burnt Church, N.B. Miss Anderson is a graduate of Moncton City Hospital. Dr. MacKenzie is a recent graduate of Dalhousie Medical School, Halifax, N.S.



ENGAGEMENT IS ANNOUNCED

EVERLYN CLARE UNDERHAY JOHN ROBERT KAULBACH

Mr. and Mrs. J. Reid Underhay, Bay Fortune, P.E.I., announce the engagement of their daughter, Evelyn Clare to John Robert, son of Mrs. William Kaulbach, Middle Musquodoboit, N.S. Marriage to take place on Saturday, June 23, 1956, at 2:30 p.m. in Trinity United Church, Summerside, P.E.I.

Feet Are Going Gay This Summer

LONDON (Reuters) — Feet are going gay with a vengeance this summer.

Beach sandals in raffia present a riot of color, often in harlequin combinations from Italy. Town shoes in the new lustre kids or suede match or contrast with the pastel shades or bright prints of summer dresses.

For the evening, silver and gold

kid "barefoot" sandals with the highest of heels compete for popularity with real "glass slippers" topped with posies of brilliantly-colored flowers, a single water lily, or a tuft of humble daisy.

Heels, except for the most casual wear, are becoming ever slimmer and ever higher—at any rate in appearance. Appearances are sometimes deceptive and the art of the shoemaker makes the heel look higher than it really is.

LET'S EAT

Homemade Cookies Everyone Will Love

By Ida Bailey Allen

No matter who you are—what ever our income or station in life—I hope that you always have a well-filled cookie jar.

Homemade cookies are grand to pass with hot or iced tea or coffee any time. Childhood is scarcely complete without cookies and milk. As for husbands, there are countless numbers who would go for them, especially if the cookies were the old-fashioned kind we're featuring today.

Tomorrow's Dinner: Tomato-Horseshoe cocktail; baked limas; grilled frankfurters; cooked vegetable and egg salad bowl; rhubarb sauce; molasses walnut cookies; coffee, tea or milk.

All measurements are level unless proportioned to serve 4 to 6. Cooked Vegetable - Egg Salad Bowl: This needs 1 1/2 c. each cooked sliced beets, cooked cut green beans and cooked diced pasta celery. Use leftover vegetables in 1 in. of salted water so there will be almost no water left when the vegetable is done and no draining will be necessary.

Season with 1/2 tsp. salt, 1/4 c. non-sweet French dressing, 3/4 c. shredded lettuce with 1/4 c. non-sweet French dressing and line a salad bowl.

In it, arrange the vegetables in

3 sections. Separate with quartered hard-cooked eggs or quartered stuffed pepper eggs.

Center the salad with a slice of tomato topped with a black olive; stud the edge with 6 black olives.

Stuffed Pepper Eggs: Hard-cook six eggs. Remove the shells; cut the eggs lengthwise. Scrape out the yolks and mash with 2 tbs. fine-mixed sweet green peppers, 1/4 tsp. table mustard and 1 tbs. mayonnaise. Pack into the egg whites. Chill and use as directed.

Molasses Walnut Cookies: Combine 1-3 c. butter or margarine, 1 c. sugar, 1 c. molasses, 1/4 c. vinegar and 1-3 c. water. Blend well.

Sift together 6 c. already sifted enriched flour, 1 1/2 tsp. cinnamon, 1 1/2 tsp. allspice, 1/4 tsp. ginger, 1 tsp. baking soda and 1 tsp. salt. Add c. broken walnut meats.

Work into the molasses mixture. Mix well. Chill 1 hr.

Roll out on a lightly floured surface to 1/3-in. thickness. Cut with a floured 2 1/2-in. cookie cutter; place on oil-baking sheets. Brush with unbeaten egg white; strew each with chopped walnut meats. Bake in a moderate oven at 375 degrees for 12-15 min. or until done. Makes 30.

Trick of the Chef: While cooking, season 1 lb. dried lima beans with 1/2 tsp. powdered basil.

COOK'S CORNER



RUFFLED RICE ROLLS

Put in frying pan: 1 cup white sugar, 1/2 cups chopped dates, 2 unbeatens eggs. Stir and cook until eggs and dates are soft and mixture is dark. Cool and add: 1/2 teaspoon salt, 1/2 teaspoon vanilla, 1/2 cup chopped walnuts, 2 cups puffed rice. Roll into balls and roll in fine cocoanut.

MORNING SMILE

Tenant—The roof is so bad that it rains on our heads. How long is this going to continue?

Owner—How should I know? I'm no weather prophet!

HOUSEHOLD HINT

When selecting a paint color for the walls of your rooms, remember that green can be used with success on an area of any size and in any section of the house.

If you choose green for the bathroom, however, do not choose a shade with too much yellow in it. That shade has an unflattering effect on the complexion when you face your reflection in the mirror.

Clean, Freshen Refrigerator with SODA

Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odor. Recommended by leading refrigerator manufacturers.

COW BRAND BAKING SODA PURE BICARBONATE OF SODA

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FASHION CO-ORDINATOR TO VISIT MOORE & McLEOD LTD. JUNE 4 to 6

Moore & McLeod Ltd. are pleased to announce that Miss Eve Ramsay (right) Fashion Co-ordinator for Dominion Corset Co. Ltd., will be in their Corset Department for three days from Monday, June 4th to Wednesday, June 6th inclusive.

She will act as Corsetiere-Consultant and will be only too pleased to show all the latest models of Daisy Fresh Girdles, Sarong Corsettes and Nuback Corsets.

Daisy Fresh Sanitized Bras and girdles mean:

1. Longer wearing, longer lasting.
2. Self-sterilizing, self-antiseptic in effect.
3. Non toxic; non-irritating—safe for a baby's skin.
4. Retains its deodorizing effect through repeated washings.
5. Garments as fresh when you take them off as when you put them on.

Have you any particular fitting problems? If so now is the time for you to take advantage of Miss Ramsay's skill and experience. Come into our department or make an appointment by telephoning 6541.



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