



By VERA WINSTON

MODIFIED

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SHEER wool in soft gray makes a nice chemise of the modified variety, a good choice for general daytime wear. A self belt runs through three slits which are worked into the seams that shape the bodice slightly. The belt buckles in back. The same treatment is repeated at the neck, except that the fabric is draped slightly. It also buckles in back.

MARY HAWORTH

Unstable Life Is A Mockery

Dear Mary Haworth: I am just an unkempt, nondescript middle-aged man, one of the masses that dwell in the cities of "civilization." It seems only yesterday that I was young and very handsome and a great success with women.

I always had a contempt for religion and still have—even though I now know that there are fundamental moral laws. I have a certain intelligence and the ability to sell myself socially and outwit others. So, early in life, I formulated the notion that women were put on this earth to be my pastime.

Oh yes, I was very smart. I took every precaution to see that I would never have to accept any accountability and I didn't slip anywhere, either.

Now, 25 years after the beginning of my career of exploiting women, I can see that it is impossible, in the very nature of things, to escape retribution for you are, seemingly, during the years of sowing wild oats, no matter how deft at eluding responsibilities, you will not escape the penalty.

BECOMES MOCKERY
You cannot see the hand of the Omnipotent Power at work; but you know that He has the finger on you—and you know why. You cannot argue your way out. Your world becomes a mockery; each door in turn closes in your face.

as you move towards it. Years from now there will be other outcasts from happiness, who today are only boys and girls of the "rock and roll" set, full of youthful vitality and ardor, who think that the life of amorous delights will never end. Yes, kids; it seems like only yesterday that I was young. But also it seems like a hundred million years ago—years that are gone beyond recovery.

Go to church, young ones, and try to persuade your clergy to talk in 20th century language, so that you will learn the Eternal Verities, whilst you still have a chance. A. R.

Dear A.R.: Well, it would be interesting to know what series of encounters, or what mishaps, have brought you recently to a realization (or conviction) that nobody cares a hoot about your welfare. Nobody, that is, who has ever known you on a familiar footing.

Somewhere in the world there are persons, of course, who are channels of God's mysterious compassion and search concern for the soul gone astray—and they would care about your needs, even now. But for the present you are feeling the kick-back of what you've ished out, over the years—namely, blunt rejection, when love was sought, or help entreated, or real acceptance longed for.

However, don't despair. While there is life, there is cause to hope. And the fact that a glimmer of light is beginning to dawn in your consciousness; that you are able to see the wreck you've made of your chances, cheating yourself irrevocably to the extent that you've cheated others in the area of interpersonal relations, suggests that you may yet salvage the future. Your whole life needn't go down the drain.

GOD'S GRACE WORKING
God's grace is working in the soul of man, giving him another chance, when that man becomes

BACKACHE May be Warning
Backache is often caused by lazy kidney action. When kidneys get out of order, excess acids and wastes remain in the system. Then backache, disturbed rest or that tired-out and heavy-headed feeling may soon follow. That's the time to take Dodd's Kidney Pills. Dodd's stimulate the kidneys to normal action. Then you feel better—sleep better—work better. Get Dodd's Kidney Pills now.

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aware, humbly and candidly, of his appalling misuse of life's potentials, and the tawdry futility of trying to outwit the moral law that envelops the human species. If the errant man will cooperate with grace, by turning over a new leaf and repenting the "old Adam," he may become a new creature—by enlisting divine help in living rightly.

In which case his experience changes. Circumstances develop that restore to him "the years that the locusts have eaten"—in terms of granting him wisdom, peace of heart, and opportunities to help mankind. So, it's not enough for you simply to warn the kids against your past mistakes. You've got to get on with the struggle of moral growth.

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

NATIVE SEATS
New Zealand's house of representatives has 80 seats, including four allotted to native Maori members.

WIFE PRESERVERS



Before buying that spring suit, examine the lining to see that it is cut snugly enough to give when worn. If it isn't, it will be uncomfortable and liable to pull apart at seams.

Women

Lena Caroline McLure, Women's Editor. Phone 8506

Page 6 The Guardian Monday, May 5, 1958

Filet Mignon Served In A Variety Of Ways

By IDA BAILEY ALLEN
During a question and answer period following a personal appearance of the Chef and myself, a woman raised her hand and said:
"My husband is convalescing from pneumonia, so I must feed him up. I bought some filet mignon for him. It cost so much, I thought it must be the best. 'Just what is filet mignon and how do I cook it?'"
The Chef immediately explained.

LITERAL MEANING
"Filet mignon comes from the tenderloin of beef which means literally "tender loin." Because this cut represents only a small portion of the meat from a steer is one reason that it is so expensive. The second is that it is extremely tender because the muscle fibres have not been toughed by exercise.
"When the tenderloin or filet is sliced, it is named according to the thickness.

"If cut one-inch thick, it is called Tournedo; if one and a half inch thick, it is called filet mignon, which means 'little filet.'"
"The Tournedos are the smaller, and are always broiled or sauteed in butter.
TO ADD ELEGANCE
"To make them look larger and more elegant, serve them on toast or on a broiled round of eggplant, tomato or some other vegetable. Top them with a rich sauce and perhaps a garnish of sliced truffle, a broiled mushroom or slice of pate de fois gras.
"Filet mignon is sauteed in butter or broiled with a good basting of butter. Because it is a lean meat, and therefore inclined to be dry, a rich sauce is served over it. Brown mushroom sauce is a good choice."

As to the nutritive value of filet mignon, I added, "it is no greater than that of any good cut of beef. The advantage is the extreme tenderness of the meat which makes it easier to eat than

a chuck steak, for instance.
"But chuck steaks, and other less expensive cuts than filet mignon, can be easily tenderized. Served with a brown mushroom sauce, or maitre 'd' butter, they become mighty good eating and just as nourishing as filet mignon."

Tomorrow's Dinner: Lettuce with Russian dressing, deep chopped-beef pie, new beets, green peas, jellied raspberry - apple-sauce, coffee, tea, milk.
All measurements are level; recipes proportioned to serve 4 to 6.

Deep Chopped-Beef Pie: Melt 2½ tbs. melted fat in a frying pan. Add 1 chopped large onion. Stir-cook 3 min.

Add 1½ lbs. chopped beef; stir until well separated.
Stir in 1 (8 oz.) can seasoned tomato sauce, ¾ c. water, 1 bouillon cube and ¼ tsp. powdered bay leaf. Simmer 15 min.

Transfer to an oiled, shallow qt. baking dish. Top with small baking powder biscuits.
Bake 25-30 min. in a hot oven, 425 degrees F.

Jellied Raspberry Applesauce: Prepare 1 pkt. raspberry gelatin as directed. Add 1 c. applesauce, ¾ c. drained canned raspberries and 1 tbs. lemon juice.
Refrigerate 3 hrs., or until firm.

To serve, pour over a little of the drained raspberry juice. Top with a swirl of whipped cream.
Trick of the Chef:
Add a soupcon nutmeg when seasoning new beets.

HOOVER RECOVERING
NEW YORK (AP) — Former president Herbert Hoover, convalescing from a gall bladder operation, will be released from hospital early next week.

HUNTER RIVER W.M.S.

The April meeting of the auxiliary of the W.M.S. of the Hunter River United Church, was held at the home of Mrs. J. L. Lepage.

The president Mrs. Sellar presided and opened the meeting with an Easter reading. Hymn: "Praise the Lord Ye Heavens." Adore Him" was sung, scripture lesson, Mark, 16: 1-8 was read in unison, followed by a reading: "What Does Easter Mean to You?" and prayer by the president.

Hymn: "When I Survey the Wondrous Cross" was sung, the circle of prayer and prayer offered by Mrs. MacKay for the adopted missionary Miss Leith closed this period.

The committee on christian stewardship, namely, Mrs. C. B. Matheson, convener, Mrs. J. S. MacLeod and Mrs. L. W. Ripley presented a very instructive and inspiring program in which the several trusts of stewardships namely: Time, talents, abilities, possessions and evangelism, were given, showing that love is the highest motive, and steward-

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ship begins and ends in evangelism. The stewardship hymn was sung, and a very interesting film was shown.

The minutes were read and approved. 16 members and 1 visitor present. It was moved and seconded to write Rev. Mr. Moose a letter of thanks for his time and work of typing the yearly programs.

A letter from Mrs. Thompson regarding the Presbyterial was read by Mrs. Lloyd Carew. Mrs. C. B. Matheson was appointed to go as a delegate.

It was moved and seconded to

ask for a rally to be held in Hunter River. 11 books read, 84 social and 11 hospital calls reported.

The May meeting to be held at Mrs. Ivan MacKay's. Roll call "The Name of a Book You Have Read and Its Author."

Lunch committee, Mrs. Iza Rackham, Mrs. J. W. Patterson and Mrs. Elmer MacMillan. The meeting closed by singing 1 verse of "Take my life, and let it be."

MENTAL STRAIN

Mental worries may actually cause some types of stomach trouble.

PROCLAMATION
I hereby proclaim the week of May 5th to May 10th "CLEAN UP WEEK" in the City of Charlottetown.
All citizens are urgently requested to take cognizance of this, and have their lawns and yards cleaned up so that our City may present a tidy and neat appearance.
EDWIN C. JOHNSTONE,
Mayor.

EATON'S May Sale OF HOUSEHOLD LINENS
STARTS TUESDAY, MAY 6th WITH MANY WORTHWHILE SAVINGS!

WABASSO SHEETS AND CASES
The Noted-for-Quality "SELECT" Line
Single, Twin or Three-quarter and Double-Bed Sizes
By arrangement with Canada's well-known "Wabasso" Mills, Eaton's offers these popular sheets and cases at exceptionally low prices. "Select" Quality service weight cotton known for its excellent finish and snow-white bleach. Sheets and cases to serve you well... in sizes to suit your needs... deep, flat, plain hems that launder well. Stock up at these EATON May Sale Prices:
Single Bed Size 63 x 100" Pair 4.59
Twin or Three-Quarter Bed Size 72 x 100" Pair 4.99
Double Bed Size 81 x 100" Pair 5.39

"CANNON" TOWEL ENSEMBLES
7 of "Cannon's" Prettiest Shades. Nylon-and-Dacron Non-Shrink Borders!
Look at the prices—they're exceptionally LOW! A huge special purchase from the famed "Cannon" Mills. You'll do well to stock your cupboards. They're well looped cotton terries, a sturdy weave, excellent driers, and they should keep their shape because they're made with non-shrink nylon-and-Dacron* borders. Solid shades: White, Sea-Blue, Greenmist, French-Rose, Pink-Whisper, Buttercup-Yellow, Turquoise.
EATON May Sale Prices:
Big Bath Size about 22 x 44" Pair 1.99
Guest Towel size about 15 x 25" Pair 1.10
Face Cloths about 12 x 12" Each 20c
* Registered Tradename for Dupont's polyester fibre

Viscose Rayon Chenille Spreads
"Hobnail" and Overlay Designs
Oversizes and seven beautiful colours and all White from which to choose. They're wave-tufted with the tiny baby chenille...
In viscose rayon that takes such lovely shades and cuts out the "shed". In White, Yellow, Aquatint, Star-Blue, Pink-Whisper, American Beauty, Hunter-Green, the new Cinnamon, all with deep, twisted fringe.
Twin Bed Oversize about 80 x 103", (including fringe)
EATON May Sale, each 9.59

Feather-Filled Pillows
Finished With Cord Edges
These are plump-full of thoroughly sterilized and cleaned chicken-and-duck feathers. They're resilient and soft. Have sturdy cord edges for better service. Are covered with "down-proof" durable cotton ticking done in floral prints. Average size about 20 x 26". Buy at this low price.
EATON May Sale, each 2.59

Imported Linen Tea Towels
Size about 22 x 32"
Now's the time to buy... our May Sale brings you a saving that makes purchasing a quantity worthwhile. These are splendid quality with cotton stripes woven through in gay multi-colours that blend with any colour scheme. Neatly hemmed and a generous size.
EATON May Sale, each 37c

Irish Linen Damask Sets
Pastel Shades! Ivory! White!
Lovely floral linen damask sets woven in Ireland... especially purchased for this May Sale! Here's Irish beauty of weaving... Irish fine finish... in a dinette-size dinner cloth (about 52 x 70") with six 14-inch matching napkins... carefully hemmed.
EATON May Sale, 7-piece set 6.99

"Queen Cot" Flannelette BLANKETS
Single Bed Size 60 x 90"
Homemakers know the "Queen Cot" for excellent quality flannelette blankets. They're firmly and well woven. Thickly and softly napped. Good looking—in white with woven colour striped borders in rose, blue, green or gold-colour. Here's the single EATON May Sale, pair 5.19

"Stardust" Rayon-Satin Bound Blankets
Viscose (spun rayon) and Cotton Blend
Colourful soft, light blankets for your Summer comfort... gay "roll-ups" for the foot of your beds... blankets for your home, your cottage, for cabins, for children's rooms. Allergy-free spun rayon-and-cotton and washable. Smartly finished with 6" Celanese rayon-satin binding at ends. Size about 72 x 84". In Crayon-Rose, Crushed-Lemon, Turquoise, Chalf-Blue, Geranium-Red.
EATON May Sale, each 5.19

STORE HOURS
MONDAY, TUESDAY
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9 A.M. TO 5:45 P.M.
FRIDAY 9 A.M. TO 9 P.M.
SATURDAY
9 A.M. TO 5:45 P.M.