WOMEN

LET'S EAT

Eating Well On Less

By Ida Bailey Allen

Almost all of us have the ability to make a potential fortune. It may be just a little surplus money that can be invested or banked to grow with care.

But the prosperity with which our country is blessed has made us careless, often spendthrift. Many of us no longer recognize the value of pennies, nickels and dimes, yet each coin is comparable to the seed which grows and becomes a tree.

According to authentic surveys, 70 per cent of the food purchases in super markets are made with no prepared or planned shopping list and 48 per cent are made on impulse, regardless of prices.

It is time that we make a real attempt to buy wisely, save money and—who knows?— acquire a fortune!

The following de luixe menu uses inexpensive foods:

TOMORROW'S "START A FORTUNE" DINNER

Tomato Bouillon
London Broil Maitre D'
Whipped Potatoes
Buttered Beets
Green Salad
Wheat Germ Biscuits
Half-Frozen Canned Apricots
Coffee Tea Milk

London Broil Maitre D': Pound 1½ lbs. flank steak sliced ½" thick with a meat mallet to tenderize. Dust with 1 tsp. each salt and monosodium glutamate and ¼ tsp. pepper. Broil about 6 min., or until well-browned on both sides.

Place in an oiled pan. Brush with 1 tsp. butter. Cover; bake 10 min. in a hot oven, 400 degrees F.

Slice diagonally ¾ " thick. Serve with melted butter seasoned with a little lemon juice and chopped parsley.

Dropped Wheat Germ Biscuits: Sift together 1½ c. already-sifted enriched flour, 1 tsp. salt and 3 tsp. baking powder.

Sitr in ½ c. wheat germ; with a pastry blender chop in 2 tbsp. shortening. Add 2 tbsp. molasses mixed with 2-3 c. milk.

Drop by ½ tbsp. onto an oiled baking sheet. Bake 18 min. in a hot oven, 425 degrees F.

TRICK OF THE CHEF

Combine applesauce and canned apricots and half freeze together.

KEEP IN TRIM

Dieter Wins Restored Health

By Ida Jean Kain

Inspiration is every bit as necessary as information when it comes to reducing. True, with the science of nutrition applied to meals excess fat can be lost quit esatisfactory. But the inspiration found in letters from successful dieters often gives a much needed boost to the morale of overweights who feel that they may not be able to follow through on a reducing program.

Today's letter from a reader in Oregon shows courage extraordinary.

"One year ago, a doctor told me that unless I lost 50 or 60 pounds, I would never work again. At 58, I weighted 210 for 5'2". My health was a total wreck. I had asthma very badly. If I walked two blocks very slowly, I was ready for bed. I had to get down on all fours to pick anything off the floor, and then get hold of something to get up.

"Before I had my children, I weighed 135. After my daughter was born, I gained 50 pounds in 6 months. After my son was born, I kept gaining until I weighed 227.

"Living with my daughter and her 4 children was not what I liked. I wanted to get away. Most of all, I wanted to work again. Even old people like to have a little money of their own. I refused to sit and let the State support me. I am French and have a will of my own.

"Here is how I lost 53 pounds in the past 6 months. For breakfast I had ½ cup of fruit juice, a boiled egg, one slice of low calorie bread, and black coffee. I ate plenty of low calorie fruits and vegetables, lots of lean meat(no fat). One teaspoon of fat is enough to fry a piece of meat. I use no butter at all, but have a little jam once in a while.

"at the end of the first week, the scales showed a nine pound loss--and that did it! By the time I had taken off 20 pounds, my health was so much better, I made up my mind that 60 pounds had to come off. I've been losing at the rate of 10 pounds a month. I watch the scales very closely. If I lose too much in one week, then I treat myself. If I don't lose enough, I cut down on my eating. The bed time snack is what puts on a few ounces every time -- I had to give that up.

Now I'm working in the kitchen of a large restaurant. I walk to and from work every day, 20 blocks each way, and I haven't felt as good since I was a young girl. I'm really living again.

"In closing, I will say this...I will never be fat again. My weight has gone from 210 to 157, bust from 50" to 42", waistline from 48" to 40". Best of all, my asthma is all gone now. I hope my experience will help some one."

With the will to do and the science of nutrition this remarkable woman wrought a miracle.!

COOK'S CORNER

COCOANUT MACAROONS

(No eggs, no sugar)
2-3 cups sweetened condensed milk
3 cups shredded cocoanut
1 tsp vanilla

Mix sweetened milk and cocoanut and vanilla, drop from tsp. on greased baking sheet about 1 inch apart, decorate with cherries, walnuts etc. Bake in moderate oven 350 deg. F. 10 min. or until browned. Remove from pan at once. Makes about 30 cookies.

Couple Reside In Alberton Following Vows

St. Peter's Anglican Church, Alberton, was the scene of a pretty wedding on Wednesday evening, October 19 when Noreen Mary, daughter of Mr. Thomas Griffin and the late Mrs. Griffin of Brockton was united in marriage with Sterling Ross, son of Mr. and Mrs. Louis Jeffery of Alma.

The bride and groom were attended by Mr. and Mrs. Gordon Jeffery, Mr. Jeffery is a brother of the groom. The ceremony was performed by Rev. J.R. McMahon.

The couple have taken up residence in Alberton where the groom is employed.

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Workshop Patterns
by Ruth Wyeth Spears

Autumn Bridal Party

Mr. and Mrs. Gordon Holm are pictured with their attendants following their recent marriage in Tryon United Church. Left to right: Mr. Elmer Walsh, Mr. Harold Crossman, Mr. David Holm, Mr. Russell MacLean, Mr. and Mrs. Gordon Holm, Miss Penzie Crossman, Miss Phyllis Crossman, and Miss Flora Crossman. Miss Martina Crossman, flower girl, is in front. The bride is the former Miss Mary Matilda, daughter of the late Mr. and Mrs. Fred Crossman, Tryon, and the groom is the son of Mr. and Mrs. Ernest Holm, De Sable. (Photo by Edwin Heckbert Studio).

A pretty autumn wedding was solemnized in the Tryon United Church on Sept. 29th. when Mary Matilda, daughter of the late Mr. and Mrs. Fred Crossman of Tryon became the bride of Gordon James, son of Mr. and Mrs. Ernest Holm of De Sable.

The double ring ceremony was performed by Rev. Lloyd Archer. The altar was decorated with bouquets of mixed flowers and baskets of gladioli and asparagus fern, the guest pews marked with bows of white ribbon. The music was under the direction of Mrs. Lea Callbeck of Summerside. Mrs. George Somers, aunt of the bride was soloist, the selections chosen were "O Perfect Love," and "I'll Walk Beside You," the former sung before the bridal party entered the church, the latter during the signing of the register.

Given in marriage by her brother Mr. Harold Crossman of Crapaud, the bride chose for her wedding gown a strapless, full-length gown of white princess lace over white bridal satin. It was styled with fitted bodice and full skirt. The matching jacket had long tapered sleeves and her mitts were of net. Her tulle fingertip veil fell from a tiara of seed pearls and pearl sequins. She wore a pearl necklace and matching earrings, a gift of the groom, and her cascade bouquet was of red roses.

Miss Penzie Crossman, Toronto, sister of the bride, was maid of honor. Her gown was a strapless model of mauve-blue nylon and net over taffeta, floor-length, the skirt bouffant, with nylon bolero and matching headdress and mitts. She carried a nosegay of pink carnations.

The bridesmaids were Miss Flora Mae Crossman, Kentville, N.S. and Miss Phyllis Crossman, Halifax, sisters of the bride. Their gowns were similar to the maid of honor. The former wore coral, and the latter wore mint green. They wore matching headdresses and mitts and carried nosegays of carnations in white and yellow. Miss Martina Crossman, niece of the bride, was flower girl in a floor-length gown of pale yellow nylon and net over taffeta. Her headdress was in yellow and her flowers of mixe dsnapdragon were carried in a crocheted basket.

Mr. Russel MacLean was groomsman. The ushers were Mr. Elmer Walsh, Kingston, cousin of the bride, and Mr. David Holm.

For her sister-in-law's wedding, Mrs. Harold Crossman chose a dress of charcoal gray chrome-spun rayon. Her accessories were pink and her corsage was of pink carnations. Mrs. Holm, mother of the groom, was attired in wine nylon crepe with accessories in grey and a corsage of white carnations.

The reception was held at the Mulberry Lodge, Summerside, for 45 guests. The bride's table was decorated with flowers and candles and centred by a three-tiered wedding cake topped by a miniature bride and groom. Rev. Archer proposed the toast to the bride. Telegrams of good wishes were received at this time from Mr. and Mrs. John Agnew and Mr. and Mrs. Osborne Bolivar, Montreal, brothers-in-law and sisters of the bride.

For the honeymoon trip through the easter provinces, the bride donned a wool suit in two shades of grey, trimmed with white angora, with a matching hat. Topping the suit was a white nylon cape to which was pinned her corsage of red roses. Her accessories were red.

Out-of-town guests were Mr. and Mrs. Burpee Carr, St. John, N.B.; Mrs. Merlin Baker and family, and Mrs. John Sullivan, Halifax.

The couple have taken up residence in De Sable where the groom is engaged in farming.

SHOWER

The bride and groom were honored at a shower in Hampton Hall where many lovely gifts were received. The bride, a resident of Malden, Mass., during recent years, was presented with gifts by her friends here.

Livingston—Colwill Bridal Party

A white ballerina-length gown of net over taffeta was chosen by Miss Edna Jane Colwill, Kingston, P. E. I., when she exchanged marriage vows with Mr. William Lewis Livingston, Clyde River. The bride is the daughter of Mr. and Mrs. William Colwill, Kingston, and the groom is the son of Mr. and Mrs. George Livingston, Clyde River.

Dr. A. S. Weir officiated at the wedding which took place at the manse of Trinity United Church.

The bride chose a matching net bolero to top her gown and her chapel viel fell from a white headdress. She carried a nosegay of red roses.

Maid of honor was Miss Earith MacLeod who wore a ballerina-length gown in mauve with matching bolero and headdress. She carried a nosegay of yellow 'mums. Mr. Russell MacQuarrie was groomsman.

A reception followed at the home of the bride's parents for fifty guests. The rooms were decoreated with pink and white streamers. A three-tiered wedding cake topped by a miniature bride and groom decorated the bride's table.

For travelling through the Maritimes, the bride donned a beige coat with powder blue and navy accessories.

Mr. and Mrs. Livingston are now residing at Clyde River.

SHOWERS

Prior to her marriage, the birde was honored at a miscellaneous shower at her home by her friends and neighbours of Kingston and vicinity. She received many lovely gifts. Upon their return, the couple were presented with a sum of money by their friends at a shower in Clyde River.

ELLEN'S DIARY

By An Island Farmer's Wife

Hallowe'en!

Do we not look forward to catching its subtleties tonight-its air of exquisite mystery and charm? Even though we long ago have left the years of childhood behind?

When the twilight commences to creep in, somewhat stealthily this evening, from some dim fastness of the hills, we shall be aware of a change in its quality. Different it will be. It will approach, we fancy, not so openly as usual, caressing in passing, the dear fields and woodlands and stream, hiding them enderly at length, but a bit eerily it will come.

And on the front verandah maybe, where we like to stop and watch the shadows of night, drift in and deepen, or in the yard-looking, listening for the farmers to come from the fields and James to his supper, we shall hear the rustle of a a little restless wind in the crisp fallen leaves. And the sound will be loud in our ers, and ominous in the expectant hush prevailing. And we shall wonder. And remember then that this is the Hallowe'en.

And along a path of yeard, Mack's "Janet" cat, a lady we are sure belongs to that dark cult of goblins and witches and ghosts and bats and owls who held the key to the mysterious underworld of tonight, so sleekly, satinly black, she is, and green-eyed, will take her furtive way, looking mayhap to join some kindred spirit of the hour. All at once, she will crouch and pounce on a leaf new-fallen, perhaps in a signal to her mates that the orgies of the night are about to begin.

And later over above the roof of the straw-barn, where we before this have seen dark owls come to sit, one will "sho' nuff" fly across the face of the October moon at full to lend a mournful "Ooo-oo-o!" to the occasion as he rests himself there. For what self-respecting owl is there country-wide who would not be abroad on

Hallowe'en?

And who besides shall we look for-and see? Presently, if we wait we shall in a wisp of cloud, dark on the Lady Moon's breast, hatted, caped, frocked according to her grim sisterhood, the first witch of the night riding hurriedly there. You too will see her if you look, for you, as we, will also be "fetched" with the spirit, of the hour.

Waitng...waiting the evening will be. Every sound exaggerated and eerie. But there will be at length laughter and fun. But no harm done-none. Not if the lessons we have taught our children by word and example in regard to inconveniencing others and respecting their property always above our own, have made an impression in young minds and hearts. It is a lesson we must often review so that it will prove its value on just such a night as this one.

Mystery...fun...laughter there must be, young and wholesome and merry, if only to make enchanting memories when the same boys and girls grown-up rock by their Hallowe'en hearthfires in the westering years.

Until Tomorrow---Diary----Goodnight.....

Elegant Raincoats Feature Faille, Brocade And Satin

By SYLVIA HACK
Canadian Press Staff Writer

LONDON (CP) — The raincoat came into its own at a fashion preview here with an array of elegant coats emphasizing that waterproofs no longer are simply something to pull on in weather

The word "raincoat" itself was taboo, giving way in the commentary to proofed and water-proofed coats of cotton, poult, faille, brocade, tweed and even satin.

Styles were comparable to the current European fashions embracing French, Italian and Spanish lines.

COLORFUL PRODUCTS

Most were slim, straight and unexaggerated, with pockets and half-belts placed low on the hips. Colors in which cravats and acessories were of contrasting hues, were sapphire blue, acid yellow, emerald green, cherry red and subtle pastels from an artist's palette. Multi-colored tweeds and bold-striped fabrics were used.

The usual round rain hats were replaced by several variations of the coolie-type, some tying under the chin and a few at the back of the head.

"Madeleine" was a black-and-red striped satin coat with matching hat, "Jeunesse" a printed blue-and-white check design of proofed cotton. This had a Mandarin neckline and blue piping running from collar down to hem-line.

"Deauville" was a silver-grey dropped shoulder line, with a deep highwayman's collar. "Pirouette" a sea-green tent coat, was comfortably roomy to wear over a suit.

BRILLIANT LINING

"Soir de Paris" brought a round of applause for a brilliant red satin lining inside a navy-blue wrap-over style, that could double for a theatre coat.

And for a sporty look, "l'Opera" came in proofed Donegal tweed with detachable cape and low hip pockets, plus two slits on either side of the hem-line.

"Promenade" was a warm yellow coat of harris tweed with check-contrast fabric used for front fastening and for the dollar. "Pied Piper" was in linen, trimmed with polka dot collar and cuffs, with dotted hat and matching bag.

"Dinard," chic and tailored with inset sleeves and rounded high button collar and turnback cuffs, came in proofed cotton poplin, of lemon, lilac, sapphire, marron glace, French grey and black.

MARY HAWORTH'S MAIL

Woman Disturbed By Adopted Son's Infantilism At 16

DEAR MARY HAWORTH: Is it possible for a child to inherit a total lack of ambition, even when taken from shiftless parents and reared in a good environment? We adopted Stan when he was 5 years old; and although he has developed into a fine man physically, he remains a child in attitudes and general reactions.

Stan is 16, a junior in high school, and a fair student, with an IQ of around 110. He is over six feet tall and weighs over 200 pounds.

My husband and I work hard in our small business to support ourselves and him; but he is content to lie abed late on Saturdays, and then go scouting or to the movies, and he expects us to provide the money. This summer he worked just seven full days at odd intervals. We even had to hire the grass cut, while he read, swam or stayed abed. Lately we've ceased to nag or prod him, hoping to make him ashamed of himself.

He went out for football this fall, but gave it up after 10 days — referring to an old injury, a broken thigh bone. We suspect the training was taxing him physically, and that he used the injury as an easy out. However, his bones do break rather readily, so maybe he did fear a football injury.

LETHARGIC TYPE

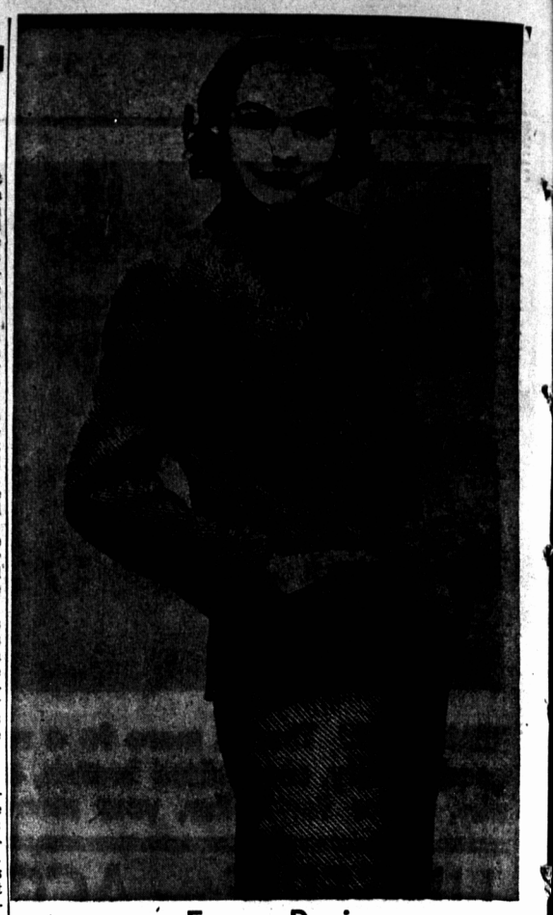
He never causes trouble anywhere and is liked by all those he will associate with. He spends much time alone, reading or listening to radio (we don't have Tv). Lately he aspires to join the boys top choral group in school — but says he has very little hope, really. I am sure he wouldn't make the slightest effort on his own behalf.

He clings to me especially, and demands a lot of personal attention which I am almost embarrassed to give him, now. He enjoys illness, usually, for the attention he gets. He expects us to hunt him a job, and, although we tell him nobody wants to hire a man who can't ask for his won job, he seemingly can't "see" it.

I am wondering if memories of his own poor babyhood, plus the fact that we've had poor success financially of recent years, may be causing him to give up hope — on the theory that it's futile to try anything "because you won't get it anyway."

We have sacrificed to give hi advantages far beyond our mean so perhaps he is spoiled. Becau we wanted a child so badly, pe haps we loved him "not wisel

(Continued on page 13)



From Paris

This casually-tailored suit in broken diagonal beige and grey wool tweed is Paris-designed. The jacket resembles a blazer and has four patch pockets and tailored collar turned up. The skirt is straight and in the same material. (CP Photo)

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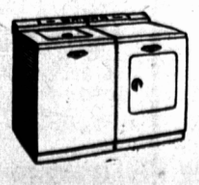

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