

LET'S EAT

Duckling Is Starred On A Midwest Menu

By Ida Bailey Allen

Early last May, I hit what I call "the lilac trail", while en route to Oskaloosa, Iowa, to address the Iowa Federation of Women's Clubs at their thirty-first Biennial Convention.

I thrilled every time we whizzed past a big clump of lilacs in bloom, not only in dooryards, but along the railroad tracks, in fields and pastures. A burgeoning proof of the courage of those pioneer women, who with their husbands and families followed the covered-wagon trail west, planting a carefully packed lilac bush, symbol of home, as soon as the homestead site was chosen.

Soup and Salad
I enjoyed the Rocket dinner aboard the Rock Island. One different feature was the serving of a tossed green salad with the soup. "When we do this, the salad is sure to be eaten," explained the dining car steward.

DINNER A LA ROCKET
Consumme Tossed Lettuce
Bake-Braised Wisconsin Duck
Apple Relish
Sweet Potato Puffs Broccoli
Fruit-and-Raisin Cup
Coffee Tea Milk
Bake-Braised Duck: Clean and section a 3-4 lb. duckling. Dust with 1/4 tsp. each salt and monosodium glutamate, 1/4 tsp. pepper and 1/2 tsp. thyme.

Melt 2 tbs. fat in a heavy frying pan. Add the duck and 2 tbs. each minced onion and chopped celery. Fry until the duck is lightly browned.

Add 2 beef bouillon cubes. Cover one-third with boiling water. Bake about 1 1/2 hrs., or until almost tender in a moderate oven, 375 degrees F. Add 1 c. sliced mushrooms and finish cooking.

Remove the duck. Spoon off excess fat from the liquid. Add 2 tbs. flour stirred smooth in 2 tbs. cold water or grape juice. Bring to boiling point; serve over the duck.
Sweet Potato Puffs: To 3 c. smooth, mashed sweet potato add 2 tbs. butter, 1 tbs. milk, 1/2 tsp. salt and 1/4 tsp. each monosodium glutamate and pepper.

Add 1 beaten egg yolk; beat until creamy. Fold in 1 beaten egg white. With a tablespoon, form into heaps on an oiled baking sheet. Brown in a hot oven 400 degrees F.

APPLE RELISH FROM THE CHEF

Peel, core and cut 8 tart apple into eighths. In a low saucepan, dissolve 1 c. sugar in 1/4 c. water and 1/4 c. cider vinegar.
Add the apples, 1 tsp. whole clove and 1/2 stick cinnamon. Simmer uncovered until the apples are fork-tender. Remove to a refrigerator dish.
Boil down the syrup 1-3; strain over the apples; cover and let stand at least 2 hrs. at room temperature, or refrigerate indefinitely.

MARY HAWORTH'S MAIL

Resident Outraged By Neighbor's Parent-Policy

DEAR MARY HAWORTH: My problem is an old but sorry one—the neighbors. Having moved into a housing development where there are at least 30 small children on our street, I find myself in a constant emotional battle.

My neighbor Mrs. B., for whom I have a lot of respect in most matters, can't understand another person's views on child-rearing. She goes by the book as it were—allowing her children the privilege of self-expression, which entitles them (it seems) to be nasty and superior if they choose to be.

Although I admit that my own children have quite a few nasty habits too, I do correct them and won't tolerate their abusing another child, either mentally or physically. Mrs. B. says children should be independent, and permitted to make up their own minds about things. I say a child needs adult guidance and proper supervision.

UP IN ARMS
Mrs. B.'s children have had the run of my back yard, as I encourage my children to share their toys. However, if her son, now 6, decides to put my children out of his yard, or even strike them, she stands by so smug and self-satisfied that I could scream at her! I have a fiery nature and

COOK'S CORNER



MARMALADE

1 grapefruit
1 lemon
2 oranges
Remove seeds and put all through the meat chopper. Add 12 cups of cold water and boil till tender, very slowly. Add 12 cups heat-
ed white sugar and boil 30 min. Bottle hot.

All about love

What is love? What is the difference between love and sex? Is there such a thing as "love at first sight"? What makes us sometimes fall out of love? Can we both love and hate a person at the same time?

In October Reader's Digest a renowned biologist tells you all about love—the complex emotion that rules every day of your life. Get your copy of October Reader's Digest today: 43 articles of lasting interest including the best from current books, leading magazines, in condensed form.

UNSURPASSED for flavour!

KING COLE TEA

Wed In Virginia



The marriage of Miss Helen Barbara Ella Hicks, daughter of Mrs. Ansley S. Hicks, Richmond, Virginia, and formerly of Pownall, P. E. I., and the late Mr. Hicks, to Hamner Wood Meador, son of Mr. and Mrs. Henry H. Meador, Roanoke, Va., took place at 4 p.m. Saturday, August 20. The ceremony was performed by Rev.

Carl Saunders, Petersburg, Va., assisted by Rev. James Brown, Jr. in Broad Street Methodist Church, Richmond.
The bride was given in marriage by Dr. John E. Stevens, Miss Marie Maxwell, of New Brunswick, was maid of honor. Bridesmaids were Miss Muriel Reid, Miss Shelia Burrell and Miss Nellie McCallum, all of Nova Scotia, Virginia Stevens of

Richmond, was flower girl. Raymond B. Meador, of Blaine, was his brother's best man. Ushers were Robert G. Black, of Richmond, and L. Aubrey Drewry, Jr., and Charles E. Self, both of Roanoke.
Following a reception at the home of Dr. and Mrs. Stevens, the couple left for a trip to Canada. They will reside in Ashland, Va.

Ghaney-Cairns Vows Solemnized At Tryon Parsonage

The Baptist parsonage, Tryon, was the scene of a quiet wedding ceremony on Tuesday evening, September 20th, when Jennie Susan Cairns, Kinkora, P.E.I., became the bride of Private Joseph Ghaney Aldershot, N.S. Rev. Dr. E. J. Barras, minister of Tryon Baptist Church, performed the ceremony.
The bride is the daughter of Mr. and Mrs. Lionel Cairns, Kinkora, and the groom is the son of Mr. Michael Ghaney, St. John's, Newfoundland, and the late Mrs. Ghaney.

The bride wore a costume of Royal blue. Miss Flora Waddell, Victoria, was maid of honor, and Mr. Urban Cairns, Kinkora, was best man.
day-to-day experience in making a case like yours? Speaking from training good neighbor relations, my consultant suggests: 1. In a nice way (amiably but effectively) keep your children apart from those whose habits are offensive to you; or who seem to pick on, or make trouble for, your children, given the chance.
2. Encourage play association with neighbor children whose attitudes you approve. And get acquainted with their parents, to promote a friendly (or sympathetic) approach to cooperative supervision, when the children visit back and forth.

NAME PRESIDENT
MONTREAL (CP)—D. L. Inwood of Montreal was re-elected president of the Multiple Sclerosis Society of Canada Friday at the society's annual meeting here.

Words Of The Wise

Apologizing is a very desperate habit—one that is rarely cured. Nine times out of ten, the first thing a man's companion knows of his short-coming is from his apology. It is mighty presumptuous on your part to suppose your small failures of so much consequence that you must talk about them.

HOUSEHOLD HINT

Pick up bits of broken glass with a bar of damp soap. Later you can shave them off with a knife and discard them.

ELLEN'S DIARY

By An Island Farmer's Wife

How still the surroundings tonight! The sky dark, and raindrops, gems of sparkling crystal wasting on the panes. Will perhaps a wind of equinox, strong and rough develop from the prevailing stillness we wonder, as come sometimes fearful things from the quiet places of folks' hearts? We hope not.
We hope that the trees, the motherly maples and birches and all their deciduous kin will be subjected to buffeting wind, as were those of last autumn before the shades of season have had time to deepen in all their glory along the face of the Island countryside.

How the hills and vales entice us to come abroad when such beauty is spread—as do the blossoming, tender days of the spring. A wanderer we would be—following the byways where colorful branches arch and filter the sunlight on the fairy-paths below; where even while you walk, first leaves float so quietly down to rest transient on Mother Earth's bosom.

On the heights, how lovely, how sly your royal canopy, and miles and miles of breathing cool, blended in a matchless tapestry below. And down in the valley in the pent stillness of the night, would a little brook run, singing beneath the shadows of its bridge? Its melody a bit sad, we fancy, at least lacking the gaiety and happiness of the spring and summer days. And bearing on its rippled odd leaves from brookside trees... a bright one... a scarlet or a double-dipped crimson, you watch being borne about a ferny bend of way, beyond sight, gone forever as go the seasons and years.

Yes, we would slip into our seven league boots if we could and an autumnal wanderer we would be, loitering up hill and down dale, enjoying the heart and spirit of the beauty and grandeur scattered so sparsely along the countryside.

So into this "long still autumn day" which was still, but by no means lengthy though beclouded quietly, came showers.
"It's going to rain? Well what of it?" our helper of late who "sleeps in" at this house, chuckled to James taking first stock of the weather this morning.

"Your harvest's in! A shower or more would do good now," he teased, "help the after-grass and the roots."
"Don't forget," James returned with a smile, easing now into his boots, "there are more crops than ours to be saved! And don't imagine that I'm not concerned about the other man's crop. If there's one thing that bothers me above all else it is to see a crop or even a part of it, being wasted by a spell of unfavorable weather."

"Our helper sobered, "providence doesn't give crops to be wasted," he offered.
"And if a farmer looks to his farming there's always time to get to save it... if it does rain tonight, he nodded, "there'll be good harvest days yet — or else it'll be a queer autumn."

"There is such a thing," James commented, rising and picking up cap and jacket, "as being 'a day too late for the fair!'"
"It's not a day of showers, and no sign yet of clearing. Yet it will come. In time the darkest shadows dissolve, "the longest chant of raindrops end."
Until tomorrow - Diary - Good-night...

MORNING SMILE

The colonel, making a night of the camp, was challenged by a scotry who had been standing at his post for two hours in driving rain.
"Who goes there?" demanded the sentry.
"Friend," replied the colonel. "Welcome to our mist!" said the sentry.

STAY WITH THE DIET

Stay With The Diet



Hold on—you'll lose!

STAY WITH THE DIET

It's easy to stay with a reducing diet when you're getting results. Seeing the pointer on the scales drop a pound or two each week keeps morale high and slimming resolutions firm. Nothing to it! But just when you've enthusiastically figured the date when you'll be down to beautiful normal weight you strike a snag and stop losing. It's completely baffling. You're on the same diet, and going right along—stretching and bending—but nothing happens. A few weeks of this "mousse, and naturally you become discouraged and disgruntled.

It's difficult to account for this lull in losing, but it is due to one of three factors or a combination of all of them. After your calorie intake has been limited for a time, your system may economize and use less fuel. Or it may be merely that you have taken off the soft, easy-to-lose fat, and have to give the solid pounds a jolt before they get moving. Or it could be water retention. When the tissues store water as fat is lost, weight remains stationary or even goes up a bit. This can occur either at the beginning of a diet or after you have lost some of the excess. But water balance always adjusts—then the weight loss which has been going on right along will register in a lump sum on the scales. Here is a promise. If you have what it takes to keep on during

this dieting period, you may what it takes to get down to healthy happy normal weight. It may be several weeks before you start to lose again, but if you stay with the program you will lose.

MORE PROTEINS

Particularly during this lull in losing, it's a good plan to step up the protein in each of the three meals. At breakfast, have a second egg white whipped into the scrambled egg... and cook in a double boiler without added fat. For lunch, add a heaping tablespoonful of cottage cheese (the non-cream variety), and drink a glass of buttermilk in the middle of the afternoon. At dinner, have a generous serving of lean meat, but make sure every speck of fat is trimmed off. High protein helps prevent water retention and stimulates the system to burn more calories. Check to make sure you are not losing too much salt. It is not necessary to make a drastic change. Just stop re-salting food at the table. Excess salt can prolong the retention of water in the tissues, which postpones the registration of weight loss. And do keep on with the shapely-upper. Even though you do not lose a pound over a period of weeks, you can continue to tone muscles and streamline measurements. And one fine day, the stubborn pounds will start moving again... you'll be on your way!

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