

## Fabulous Fabric



By TRACY ADRIAN

For afternoon parties, informal dinners and theater dates here's a perfectly darling dress that gets all of its after-five air strictly from the beauty of the fabric.

The frock is a classically simple, youthful style which will appeal to women who like good lines and few fancy touches. It is made of sky blue acetate-and-cotton brocade and features a banded neckline above a zipper closing, tiny sleeves, a full skirt and a self belt.

## Alice Brooks Designs

### JIFFY SET

Crochet this adorable set in white with gaily colored flowers — your daughter will look as cute as she's warm! Jiffy — in heavy knitting worsted. Send now!

Pattern 7129: Cap-and-mitten set in easy crochet. Directions for sizes 4 to 10 included in pattern.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER. Brimful of thrifty gift ideas — our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

### Wife Preservers



Before you put that pumpkin pie into the oven to bake, sprinkle over it coarsely chopped pecans or English walnuts.

7129

by Alice Brooks

## French Cookery Terms that May Be Confusing

(by Consumer Section, Marketing Service, Canada Department of Agriculture)

Quite a number of food dishes are described in their native tongue so to speak. You know how often you find items printed in French on restaurant and hotel menus, yes, and in cook books too. And by the same token you would find such items as Plum Pudding, Mince-meat, Welsh Rarebit, Porridge, Irish Stew and Yorkshire Pudding on French menus and in French cook books. Here are a few French expressions which we perhaps come across most frequently and which perhaps may confuse some of us a little.

**A la mode:** literally translated means "following the fashion" but in cookery this expression applies to two different types of dishes: (1) *Bœuf à la mode*—means beef braised with vegetables; (2) Dessert, usually pie served with a scoop of ice cream. No one will deny that freshly baked apple pie à la mode is one of our most popular Canadian desserts.

**Saute:** to fry quickly in a small amount of fat such foods as meat, fish, chicken, some vegetables and fruits. Sautéed onions with calf or baby beef liver and sautéed apples with sausages are both delicious.

**Au gratin:** means covered with bread crumbs or grated cheese or a mixture of both cheese and crumbs or with a cheese sauce, then browned in the oven or under the broiler. Macaroni au gratin and potatoes au gratin are both real cold-weather favourites.

**Bœuf au jus:** roast beef served with the natural gravy from the roast; it is not thickened. What could be better than good quality beef roasted at low temperature and served "au jus"?

**Purée:** a thick smooth mixture of cooked vegetables or fruits which have been put through a sieve. The makings of many a bowl of piping hot soup—a vegetable purée and a well seasoned thin cream sauce.

**Bouquet garni:** two or three sprigs of parsley, a small bay leaf and a pinch of thyme tied together with string or tied in a cheese cloth bag and cooked with the dish it is to season. Very often added to stews—makes an especially good seasoning for lamb stew.

**Lyonnaise potatoes:** fried until browned with chopped onions.

**Persillade potatoes:** small white potatoes covered with chopped parsley or mashed potatoes with chopped parsley added to them.

**Rissoles potatoes:** cubed or thin slices of potatoes browned in fat.

**Fondantes potatoes:** cooked and served with a thin cream sauce. Potatoes like to be served different ways and the family will like them too.

**Beurre noir:** butter heated until it is well browned and mixed with vinegar which has been boiled to concentrate it to half the original amount. Usually served with steamed meats and fish.

**Beurre (butter) maitre d'hotel:** a mixture of 1/2 cup of butter well creamed to which is added 1 tablespoon of minced parsley and finally 1 tablespoon of lemon juice with salt and pepper to taste is worked into the butter. Chill and serve cold with broiled meat.

**A la meuniere:** to serve "à la meuniere" pour over the dish a few drops of lemon juice, sprinkle generously with chopped parsley and pour piping hot browned butter over all. Usually used on fish.

**Soufflé:** This name usually applies to a dessert although there are also fish, meat, poultry, cheese and vegetable soufflés. The basic foundation of a soufflé is a very thick cream sauce (sweetened or unsweetened) in which egg yolks are thoroughly mixed. The lightness depends on the addition of beaten egg whites gently folded

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## Ladies Auxiliary Of Geo'town Legion Meet

On Monday, Nov. 22, the monthly meeting of the Ladies Auxiliary of the Canadian Legion was held in the Legion Hall with the President, Mrs. Walter Solomon presiding. The minutes of the last meeting were read and adopted and the financial report was presented, which showed one hundred and fifty dollars in the Bank.

Bills amounting to six dollars and eighty four cents were presented and ordered paid. It was decided to give a cheque for nine-tenths dollars to the Legion to purchase coal for the hall. Mrs. H. P. George and Mrs. Adolphus Scully were appointed delegates to the convention to be held in the Legion Home in Charlottetown on Nov. 24th at which convention a Provincial Command of the Ladies Auxiliary will be formed.

Several other members of the local auxiliary will also attend the convention. Mrs. Mabel Hearn volunteered her services as assistant to Mrs. Romie Ceredini with the Girl Guides. It was decided that no meeting would be held in December.

Sick committee, Mrs. Mabel Lavigne. Lunch Committee for January, Mrs. Mabel Hearn, Mrs. H. P. George, Mrs. Lawrence Batcher and Mrs. Adolphus Scully.

The auxiliary voted ten dollars towards the Christmas treat at the school. Mrs. F. J. DeLory donated a minute book to the auxiliary. A nominating committee was appointed to bring in a slate of officers for the coming year and the following constitute the committee: Mrs. F. J. DeLory, Mrs. L. S. Batcher and Mrs. A. H. Stewart. The question of purchasing music books for the school was set over to the January meeting. It was decided not to tender for the Rink Canteen. There were seventeen members present at the meeting.

## HUNTER RIVER W. I.

The annual meeting of the Riverview Women's Institute met at the home of Mrs. Robert Smith, Sr., with fourteen members present. The President, Mrs. Lloyd Carew presided and opened the meeting in the usual way. The committee reported the sum of \$23.18 realized from the party held in the hall. It was decided to hold another party.

Mrs. LePage gave a report on the T. B. banquet. A cheque for \$150.00 was received from the rural beautification contest, which is to be used for library purposes. The school committee reported that towels, soap, and a hectograph were needed for the senior room.

Mrs. Stephen Burns, Mrs. Lloyd Carew, and Mrs. Ernest Cousins were appointed to attend a meeting at Brookfield the purpose being to talk over the possibility of buying a projector. Committees are as follows: Lunch, Mrs. Hedley Spence, Mrs. Dan MacLeod and Mrs. Robert Smith Jr.; School, Mrs. Earl Robertson and Mrs. Lester Sherrin; Sick, Mrs. Rod Ford and Mrs. Reagh Bagnall; Programme, Mrs. J. L. LePage. Roll call to be answered with a Christmas Tree decoration to be sent to the Sanatorium, there will also be an exchange of Christmas gifts.

The election of officers was as follows: President, Mrs. Stephen Burns; vice-president, Mrs. Allan Smith; Sec'y-Treasurer, Mrs. J. L. LePage; Directors, Mrs. Clarence MacGuigan, Mrs. Lloyd Carew, and Mrs. C. B. Matheson.

Auditors, Mrs. Frank Bagnall and Mrs. Reagh Bagnall; Social Sec'y, Mrs. Hedley Spence; Press Secretary and Organizer, Mrs. J. E. Cousins. Mrs. Reagh Bagnall invited the members to her home for the December meeting. The meeting closed with the Queen. Lunch was served by the hostess and committee in charge.

**Bouchees:** Tiny patty shells or cream puffs filled with a mixture of meat or fish. Make delectable appetizers.

**Petits fours:** very small pieces of cake cut in fancy shapes and covered with a fondant icing often coloured and decorated. Dainty little cakes to serve on special occasions such as wedding receptions and trousseau teas.

**Chiffon:** refers to very light pies or cakes, made light by the addition of egg white folded into the batter. Cakes and pies of this type are very popular today.

## Wed at Presbyterian Church



Mr. and Mrs. Lester Chappell are seen with their attendants following their wedding in the Presbyterian Church at Summerside. The bride was the former Helen Harkness, daughter of Mr. and Mrs. John Harkness, of Summerside. The groom is the son of Mr. and Mrs. Reuben Chappell, of Granville. From left to right in photo above are Messrs. Ernest Moore and Sterling Chappell, ushers; Mr. Douglas Harkness, groomsmen; Mr. and Mrs. Lester Chappell, the groom and bride; Miss Joyce Adams, maid of honor; Misses Blanche Day and Ada Murray, bridesmaids. (Photo by Edwin Heckbert Studio)

## HOME NURSING COURSE COMPLETED

(Continued from page 8)

On September 7, a Home Nursing Class was organized at Augustine Cove by Mrs. Wendell Wood with Mrs. Wendell MacFadyen, R.N., as Nurse Instructor. Meetings were held each Tuesday evening for twelve weeks. On Tuesday, November 23, the course was completed and the final meeting was held at the Health Centre in Craighall with Miss Jean McLaughlin, Public Health Nurse, as lecturer. Miss McLaughlin also made the presentations of certificates to the following members who successfully completed the course: Mrs. Edward MacFadyen, Mrs. Donald MacDonald, Mrs. Lorne Carruthers, Mrs. Fred Leard, Mrs. Myrtle Peters, Mrs. Vernie Webster, Mrs. Eldon Dawson, Mrs. Kermet Dawson, Mrs. Harry Dawson, Miss Shirley Dawson. At the close of the meeting a delicious lunch was served by Miss McLaughlin, assisted by several of the ladies.

## DISAPPEARING ISLANDS

Sheep-farming is the chief industry of the Falkland Islands in the south Atlantic ocean.

follows: President, Mrs. Stephen Burns; vice-president, Mrs. Allan Smith; Sec'y-Treasurer, Mrs. J. L. LePage; Directors, Mrs. Clarence MacGuigan, Mrs. Lloyd Carew, and Mrs. C. B. Matheson. Auditors, Mrs. Frank Bagnall and Mrs. Reagh Bagnall; Social Sec'y, Mrs. Hedley Spence; Press Secretary and Organizer, Mrs. J. E. Cousins. Mrs. Reagh Bagnall invited the members to her home for the December meeting. The meeting closed with the Queen. Lunch was served by the hostess and committee in charge.

## Don't Answer

probably the wrong answer. Listen carefully to your child and give him thoughtful replies. He'll respect you for it, and when he respects you, he'll obey you.

There's a health hazard involved, too, in over-using the word "No." Constant refusal of the child's requests, especially if you shout your answers, as many parents do, may seriously upset his sensitive nervous system. This could make him nervous, irritable and sleepless, and eventually might cause him to lose his appetite. Then you're going to have an ill child.

He'll Stop Asking Besides, if you keep saying "No" to almost everything, the youngster will stop asking your permission and do what he wants. And even if he does ask he'll probably do what he thinks best anyway.

Of course, being too lenient can be just as bad as being too strict. If your child gets his own way too often, chances are he'll wind up with a bad temper, and you don't want a spoiled child.

## QUESTION AND ANSWER

Mrs. A. C.: How may books be disinfected after having been handled by a person with a contagious disease?

Answer: Very little attention is paid to books as a possible spread of disease. Usually, it is best to air out for at least 12 hours everything in a room in which there has been a case of contagious disease. All articles should be exposed to the sunlight as much as possible. However, if the infection is due to smallpox, the books and other articles should be destroyed.

## KEEP IN TRIM

## Queen Elizabeth The Queen Mother Captured The Press

By Ida Jean Kain



Her Majesty, Queen Elizabeth the Queen Mother is all that a royal queen should be — and very friendly too. At a press reception given in her honor, after official greetings were over, her majesty mingled with the 700 guests of the fourth estate. As she circulated around the room, the conversations took on the flavor of old home week, with various members telling the Queen Mother in which part of the British Isles their grandparents were born. She chatted with each one in an interested neighborly way, and the press felt quite in love with England's Queen Mother.

In greeting her majesty, one has a choice of curtsying or shaking hands. In England one curtsies, but in our country, Americans generally shake hands. I might add that while her majesty seemed just a bit startled at my hearty mid-Western hand clasp, with a warm smile she remarked that everyone was "very friendly."

The Queen Mother, a whiff under 5'2", is pleasingly plump and bonnie pretty. She has regal posture and stately poise — and with it all the gentle common touch.

The Queen Mother's visit brought to mind the visit in 1952 of her daughter who was then Princess Elizabeth, with her husband, the Duke of Edinburgh. The lovely young Princess surprised Americans with her new slender figure. She had won her bet with the Duke that she could lose 28 pounds in three months. The Princess had slimmed down from 145 to a slender 117 pounds for 5'3".

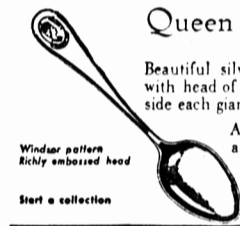
Her magic slimming formula, in case you're interested, was a polite but firm "No thank you, I'm dieting." Repeatedly she refused starchy foods, candy, cookies and rich desserts. She even cut out the marmalade she doted on, as well as the sugar from her tea. There had been considerable speculation in England as to whether the Princess would keep her slender figure. Despite the never ending banquets, dinners, teas and garden parties, today Her Majesty Queen Elizabeth II is fashionably streamlined.

There is no doubt about it, the two royal Elizabeths have captured the hearts of Americans. We hope that one day soon, fun-loving Princess Margaret will pay us a visit.

## Queen Elizabeth II Spoon!

Beautiful silverplated teaspoon. Handle embossed with head of Queen Elizabeth II as a premium inside each giant package of NEW BLUE Super Syrup.

Ask your grocer for it — or mail 25c and any Super Syrup box top, along with your name and address and your grocer's name, to: Super Syrup, P.O. Box 1010, Aurora, Ontario.



Delightful get-together!



SHIRRIFF'S FRUIT PUDDING FINDS THE PERFECT QUICK SAUCE — CROWN BRAND CORN SYRUP!

It's a delight from the very first bite. You'll agree when you taste your first fragrant steaming spoonful of spicy rich fruit-crammed Shirriff's Fruit Pudding all glazed and glistening with delicious Crown Brand Corn Syrup—the ideal instant sauce. You'll say they were made for each other. And so easily made, too! Just heat a Shirriff's Fruit Pudding according to directions and spoon it out onto individual serving plates. Then top with glistening golden rich, energy-packed Crown Brand Corn Syrup\*. So easy—so unbelievably good! Here's an "instant" pudding that will be an "instant" success at your house. Try it soon!

\*To warm syrup, if desired, just set tin in hot water for a few moments.

## New, Busy Day Dessert...

light 'n fluffy

# JELL-O INSTANT PUDDING

Make it... the easiest way ever! Just mix with cold milk!

Serve it... in just about 5 minutes. Faster than any other pudding, regular or instant!

Taste it... that delicate, light 'n fluffy texture! That full, rich-flavored goodness!

Add JELL-O Instant to your supply of other Jell-O Puddings

Makes 4 to 5 servings

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