

**IDA BAILEY ALLEN**

**Butter-Spread Recipe Cuts Calories In Half**

"Butter comes in three forms: salted, sweet (or fresh) unsalted butter, and whipped butter. Here in the test-kitchen, we use all three kinds," I remarked.

"And each is very useful, imparting its own special texture and flavor," the Chef said, passing as he rolled out pie-pastry.

"In America, salted butter is used to spread bread and rolls. In France, we prefer unsalted butter. When sauteeing or using butter as a shortening, as in making puff pastry, I prefer unsalted butter as it works in better."

**FINE TEXTURE**—

"But when preparing maitre d'butter, hard sauce or any sweet or savory hot sauce, I prefer whipped unsalted butter. It gives a wonderful texture when swirled in but not completely melted. When butter is whipped, however, it contains tiny bubbles of air and cannot be used successfully for shortening or sauteeing."

"But it's an excellent spread for bread, Chef. Whipped butter contains a third less calories than salted butter. For those on a reducing diet, who long for a little butter on bread or vegetables, we advocate a fourth form of butter that we call Extended Butter-Spread."

"This is easily prepared at home so the calories are cut almost 50 per cent. The texture and flavor is similar to that of whipped unsalted butter. A pound of butter yields almost two pounds of Extended Butter-Spread."

**Extended Butter-Spread:** Place 1 lb. sweet or salted butter in large bowl. Cut in 8 pieces; cover; keep at room temperature until quite soft.

Gradually beat in 1 (14½-oz) can undiluted evaporated milk and ½ tsp. unflavored gelatin softened in ½ tsp. milk and dissolved over hot water; use a hand beater or electric mixer. Place in jar; cover; refrigerate until firm. Keeps refrigerated up to 5 days.

**TOMORROW'S DINNER**  
Chilled Grapefruit Juice  
Radishes  
Scallops  
Broiled Smoked Ham  
Cornmeal Spoon Bread  
Greens or Broccoli-Rabe  
Pineapple-Prune-Orange Compote  
Coffee Tea Milk  
Measurements are level

**Cornmeal Spoon Bread:** To 1½ c. boiling water add ½ tsp. butter or margarine; slow-stir in 1 c. enriched cornmeal.

Beat 2 eggs with 2 tsp. double-acting baking powder, 1 tsp. salt,



**FETED ON 83RD. BIRTHDAY**

On Wednesday evening April 15th, the members of the immediate family of Mrs. Catherine MacEachern, 27 Douglas Street, City, joined with her in celebrating her 83rd. birthday.

**BEDEQUE W.M.S.**

The Easter Thankoffering meeting of the Woman's Missionary Society, afternoon auxiliary of Bedeque United Church was held at the home of Mrs. Ernest Johnson on Wednesday afternoon April 8th, with the President, Miss Louisa Callbeck, presiding, and Miss Mildred Callbeck at the piano.

Mrs. Orville Johnson led the devotions. Theme "The Grace of the Lord Jesus Christ." Opening hymn, "When wilt Thou save the People." The Lord's Prayer was repeated in unison followed with Scripture readings.

Two minutes silence was observed in memory of the late Mrs. Stanley Allen, daughter of Mrs. W. J. Reid and a valued member of the Auxiliary. Sympathy of the members was extended to Mrs. Reid in her bereavement.

Reports were heard from the following: Recording secretary, Mrs. O. Johnson; treasurer, Miss M. Callbeck; Community Friendship Secretary, Mrs. Percy Affleck. 30 hospital calls and 27 home calls were made and 41 cards sent. The offering of \$43.50 was received by Mrs. Hudson Lowther and dedicated by prayer by Mrs. Affleck.

A letter from the Presbyterian Community Friendship secretary Mrs. Russell Leard was read, giving an account of the past year's work. Mrs. George Henderson conducted the program from the Study Book "Know your Neighbors" Unemployment and the new people coming to Canada with several members taking part. Meeting closed with the benediction.

Among those attending were: Mr. and Mrs. Joseph MacEachern, Mr. and Mrs. Albert MacRae, Mr. and Mrs. John Cumiskey, Mr. and Mrs. Fred McAdam and Peter MacEachern also Mr. and Mrs. Walter Walker. A delicious hot turkey dinner was served by the ladies, after which an enjoyable evening was spent in music and dancing, music being supplied by Mr. Walker.

**HOUSEHOLD HINT**

For gift pillow cases with unique charm, cut off regular hem and replace with ruffling, beading and color-fast seam binding.

Use pipe cleaners or toothpicks to open clogged holes in salt and pepper shakers.



**MR. AND MRS. SAMUEL HOOD**

**Charlottetown Couple Observe 45th Anniversary**

Mr. and Mrs. Samuel Hood, 337 Euston Street, tomorrow observe their 45th. wedding anniversary. They were married in East Milton, Mass. on April 19th, 1914. Mrs. Hood is the former Lydia May Carr, Charlottetown. The

same year they moved to Charlottetown and in 1917 Mr. Hood became employed with the Canadian National Railways in Charlottetown as sectionman. Promotions throughout the years saw him hold the position of section

**Rome, Paris And Dublin Are Final Points Visited**

Miss Mary C. Maddigan, who has been on the 1959 Pilgrimage to the Holy Land, has now travelled from the Holy Land to Rome and Paris.

Wednesday, April 8 the party arrived in Rome. Bus departure for Assisi, the "City of St. Francis and St. Clare."

Thursday, April 9 Rome—Shop Day.

Friday, April 10: Rome—Attending the Opera.

Saturday, April 11: Rome to Nice by plane. On to Lourdes. Registered at the Hotel Imperial.

Sunday, April 12: Lourdes. "World's most Revered Shrine."

April 14, Tuesday, Paris. By plane from Lourdes to Paris. Sight seeing and visiting Sainte Chapelle, the magnificent Cathedral of Notre Dame, the ancient Madeleine Church and the beautiful Basilica of Sacre Coeur on Monday.

foreman, extra gang foreman and trackmaster. He retired from this latter position in July 1958. Mr. and Mrs. Hood have five children. They are: Charles and Roy, employed with the C.N.R. in Charlottetown; Ruth Mrs. L. Montigny, Charlottetown; Amy, Mrs. W.P. Jones, Springfield, Mass., and Warren, a student at Dalhousie University. They also have 14 grandchildren.

while it sufficed. However, individuals have to continue growing, or they shrivel and deteriorate, after a time. And this is the brink at which you've arrived.

You are frantic to get ahead with normal development, and you haven't an idea where to begin. But a psychiatric counsellor can provide emergency education along that line, and help you break trail, figuratively, towards becoming fully a woman — no longer just a beautiful dummy. M.H.

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

**MARY HAYWORTH**

**Wife Won Beauty Awards Is Disappointed And Sad**

Dear Mary Haworth: I am an extremely pretty girl and have a beautiful daughter. If you were to look at my family and myself, you would think that I have the world in the palm of my hand. But looks are so deceiving, and inside I feel miserable.

To start with, I feel that my husband married me for my looks. He takes great pride in showing me off, and buys me the most expensive clothes.

I have won several beauty awards, was homecoming queen at the college I attended, and competed in a Miss America contest (though I don't wish to reveal the state that sponsored me).

My good looks have brought me nothing but misery. During school days I was ignored by other girls; all friendliness always came from the boys. I wish I were very plain, and hate the attention I have received. I feel now like a fixture in my own home.

**CRIES FOR HOURS**

I find myself crying for hours; and at times I think I am on the verge of a complete breakdown. My husband also considers me completely helpless and treats me as if I were a baby. I am beginning to wonder if he credits me with any brains at all, as he makes most of the decisions in our home.

He does the grocery shopping, decides most of the meals and even picks out my clothes. All I have to do is sit and look pretty. I know I need advice because I can't stand much more of this. How can I let him know that beauty is only skin deep; that I am not an ornament; and that I do have sense enough to run a household? B.Q.

**SENSE OF DEGRADATION**

Dear B.Q.: In all probability you are emotionally sick, oppressed with a sense of degradation and outrage as a consequence of being loved only superficially by your husband, who treats you as a beautiful toy—and not as a grown woman and real person with a good mind and sensitive soul that yearns desperately for healthy exercise in married intercourse.

You need psychiatric help, at once, to get your cards on the table, with yourself—so that you will understand just how, and why, you let your bonafide personality get smothered, as it

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**OPPORTUNITY DAYS**

**TWO DAYS-MONDAY and TUESDAY, April 20th & 21st**

No phone or mail orders, on these specials, please.

<b>THREE RING BINDER</b> Made of good quality fitted leather with large 2 1/2" rings. Contains memo pads, pencil, ruler, comb, file and two zippered pockets. Opportunity Days Special, each <b>4.98</b>	<b>HANDI-NOTES</b> In various designs including floral miniatures, cherries and birdland notes. Opportunity Days Special, box <b>35¢</b>	<b>NYLON HALF SLIPS</b> Women's nylon and acetate half slips with elastic at waist. Lace trim and nylon sheer trim. Sizes small, medium and large. Opportunity Days Special, each <b>1.78</b>
<b>BOYS' FLANNEL LONGS</b> Rayon and viscose longs in boxer style with elastic at waist. Medium and light grey. Sizes 3 to 6x. Opportunity Days Special, pair <b>1.49</b>	<b>BOYS' JACKETS</b> A good quality mixture of rayon and viscose, styled with slide fastener front. Grey, navy and brown. Sizes 3 to 6x. Opportunity Days Special, each <b>1.99</b>	<b>WOMEN'S PYJAMAS</b> Baby Doll style, pleated nylon and embroidery trim. Assorted colours. Sizes small, medium and large. Opportunity Days Special, pair <b>1.78</b>
<b>GIRLS' SKORTS</b> Choose from an assortment of plaids and fancy. Crisp cotton material. Sizes 7 to 14. Opportunity Days Special, each <b>2.77</b>	<b>MEN'S COTTON DRILL PANTS</b> Sanforized olive colour cotton drill. Flaps on back pockets. Sizes 30 to 42. Opportunity Days Special, pair <b>2.99</b>	<b>BOYS' PANTS</b> Worsted type rayon material in shades of blue, brown, grey. Self belt, pleats, zipper fly, nicely tailored. Sizes 8 to 16. Opportunity Days Special, pair <b>3.95</b>
<b>WOMEN'S GLOVES</b> Double woven nylon gloves in pink, beige, white. Sizes 6 1/2 to 8. Opportunity Days Special, pair <b>98¢</b>	<b>WOMEN'S ANKLETS</b> Triple roll anklets made of stretch nylon and soft combed cotton. Fit sizes 8 to 11 1/2. Opportunity Days Special, pair <b>59¢</b>	<b>MEN'S HOSE</b> Wool and nylon stretch hose will fit sizes 10 to 12. Colours: blue, brown, grey and navy. Opportunity Days Special, pair <b>69¢</b>
<b>SEAMLESS NYLONS</b> Women's seamless mesh nylons in smart beige shades. Sizes 8 1/2 to 11. Substandards! Opportunity Days Special, pair <b>74¢</b>	<b>BOYS' STRIPED HOSE</b> Nylon reinforced. Sizes 6 1/2 to 8. Colours: wine, navy, grey, brown and blue. Opportunity Days Special, 4 pairs <b>1.00</b>	<b>PILLOW COVERS</b> Plastic pillow covers with zipper closing. Size about 22 1/2" x 27". Opportunity Days Special, each <b>49¢</b>
<b>BASKET LINERS</b> Plastic—white with coloured borders. Easily cleaned with a damp cloth. Opportunity Days Special, each <b>43¢</b>	<b>PLASTIC APRONS</b> Colourful floral designs. Washable, waterproof and flameproof. Opportunity Days Special, each <b>49¢</b>	<b>MIXER COVERS</b> Made of plastic—fade resistant washable covers. Colours: white, blue and green. Opportunity Days Special, each <b>49¢</b>
<b>IRONING BOARD PADS</b> Heavy quality—will fit standard size boards. Opportunity Days Special, each <b>1.49</b>	<b>CORDUROY CUSHIONS</b> Approximate size 12" square. Colours: white, blue, yellow, pink, green. Opportunity Days Special, each <b>1.98</b>	<b>EMU KNITTING YARNS</b> 3 ply botany yarn in a wide range of colours. Opportunity Days Special, ball <b>25¢</b>
<b>CHINA ANGELS</b> Novel china figure angels—ideal for gift giving. Stand about 4" high. Opportunity Days Special, each <b>39¢</b>	<b>ALL VISCOSE CARPET</b> Heavy quality in a twist pile viscose carpet for hard wear and attractive floors. Colours: cinnamon, yellow or beige and white, tweed effect. About 9' wide. Opportunity Days Special, sq. yd. <b>5.95</b>	<b>REVERSIBLE MATS</b> Cotton multi coloured cotton mats. Washable. About 24" x 36". Opportunity Days Special, each <b>2.89</b>
<b>TIE CLIP AND CUFF LINK SETS</b> Gold coloured metal tie clips and cuff link sets. A variety of patterns. Opportunity Days Special, set <b>89¢</b>	<b>TABLE SPOONS</b> Stainless steel tablespoons for every day use. Opportunity Days Special, each <b>9¢</b>	<b>ASH TRAY AND COASTER SETS</b> Smart hessian set in bronze consisting of ash tray and eight coasters. Opportunity Days Special, set <b>1.19</b>
<b>COLD CREAM</b> Approx. 1 1/2 ounce jar. For cleansing and lubricating the skin. Opportunity Days Special, jar <b>69¢</b>	<b>BROWNIE CAMERA</b> Has big eye-level view finder and instantaneous shutter with double exposure prevention. Takes 12 pictures on 127 film. Opportunity Days Special, each <b>4.99</b>	<b>MOTH CRYSTALS</b> To protect clothing against the ravages of moths. About 2 lbs. Opportunity Days Special, tin <b>79¢</b>
<b>CHERAMY SKIN BALM</b> Homogenized to help smooth, soothe and protect dry or sensitive skin. 12 ounce bottle. Opportunity Days Special, each <b>79¢</b>	<b>PLASTIC PAIL</b> Made of polyethylene plastic. Extra heavy gauge will not mar, scratch, rust or chip. Assorted colours. Capacity about 8 quarts. Opportunity Days Special, each <b>1.19</b>	<b>IRONING BOARD PAD SETS</b> Silicone treated ironing board pad, cushioned with vapor-foam and feltlay pad. Opportunity Days Special, set <b>2.29</b>
<b>DISH DRAINER</b> With rubber-covered steel frame. Size about 16 1/2" x 13" x 3". Yellow only. Opportunity Days Special, each <b>1.49</b>	<b>KNEELING PAD</b> Rubber kneeling pad. Size about 13" x 7". Assorted colours. Opportunity Days Special, each <b>55¢</b>	<b>LIQUID WAX</b> Can be used for all floors. 1/2 gallon size. Opportunity Days Special, each <b>1.49</b>

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