

Timely Notes  
On Nutrition

By Marjorie G. Hill  
VEGETABLES

For the past few weeks we have been discussing the various food groups which make up Canada's Food Rules. Already we have talked about the Rules in general, as well as Group 1 — Milk; and Group 2 — Fruits. Today let us consider what Group 3 — Vegetables have to contribute to our daily fare. Canada's Food Rule concerning vegetables states that one serving of potatoes and two servings of other vegetables are recommended for everyone each day. Now, we can safely guess that practically each one of us eats one serving of potatoes every day — but how many of us eat two servings of other vegetables? If you do not — then — why? Ask yourselves these questions.

Why not change the dearly loved phrase — "The Wearing of the Green" to "The Eating of the Greens" and see what happens? Vegetables not only add nutritive value to our meals, but also color, taste, texture, and pleasing aromas. They not only make perfect side partners for meat and potatoes, but they make an attractive salad or vegetable plate also.

Now that the time is on hand for planting our gardens, we want to leave all the space we can for vegetables — the green ones, the yellow ones, and the red ones. The nutritional benefit and pleasure you get out of eating vegetables depends on how you prepare and cook them.

Here are a few general facts on good vegetable preparation:

1. Prepare all vegetables carefully, quickly and as short a time as possible before cooking.
2. Do not prepare more vegetables than may be eaten at one meal, as they lose their food value on standing or reheating.
3. Vegetables cooked in small pieces in uniform size cook quickly and in the same length of time.
4. Do not peel new vegetables.

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**MUSTARD**  
in  
*Salad Dressing*  
makes a  
**TASTIER SALAD**

**French Dressing**  
1/2 cup salad oil 1/2 teaspoon pepper  
1/2 cup vinegar 1/2 Colman's Mustard  
1 teaspoon salt

Place the ingredients in a glass jar. Just before serving, shake the contents well.

For free recipe book, "Culinary Art", write to Reckitt & Colman (Canada) Ltd., Station T, Montreal.



**Colman's MUSTARD**  
D.S.F.  
CK 168

ELLEN'S DIARY

By An Island Farmer's Wife

"Tell us about that Queen!" granddaughter begged, when in the delight of this afternoon we sat on the old door-step, neighbouring her and Jamie who lounged in the new grass close by — she to "wonder why on earth they won't let me run on my bare feet this warm day?" and Jamie pleased with the turn of events that had granted him this holiday. She much enjoys a spuntale and Jamie too is always an attentive listener. But what could we tell them, or indeed Jamie too, who came then from her house across the lane with the babe in her arms, who had known of Victoria only through the cold pages of history? However we recounted for them, not only the fact that in spite of the troubled times in which she reigned — the longest of any monarch in history, Britain grew and prospered, her navy making her Mistress of the Seas and her territory extending until it was said proudly that "the sun never sets on her dominions."

But we told as well of the grave young girl scarcely past her eighteenth birthday that undismayed by the prospect of ruling so vast a people repeated her Oath of Office in "clear bell-like tones" and "God helping me" bravely took up the task. . . . And we wondered what the lassies of our acquaintance of a like age would have done with the undertaking, they who had been angling along the stream or out in the white boat in the deep waters of the pond, whose laughter had floated up to us at the house so gay and care-free. And we recalled for them as clearly as though it had been only yesterday, the joy of the nation who in the turn of the years celebrated with her, in an expression of loyalty and love that had never before been equalled, her Diamond Jubilee, or the close of the sixtieth year of her reign.

And a woman's voice that had remained in mind all the years of the interval since then commented: "Ay, there was joy on our part that she, so wise and good is spared to us yet, but it's lonely she herself would be riding there in the Gold Coach in the procession alone with her memories. She would be thinking of the Prince Consort, though it's long years since he died. For it's the great Queen she is, but a loving wife too, and good mother to her bairns. And isn't she only a woman like the rest of us — God love her! Nine of her own she's reared. And wasn't it good that the Prince of Wales was spared to her — and us, and he so sick that time — a miracle he ever got better and him so low! And it's she that would be thinking of the Princess Alice, though the pipers would be pipin' and the bands playing — and millions of people lining the way to watch the procession. And she'd be grievin' for her. Ay, when you bear children and love them as she does nothing can take them from mind"

In words of our own we told them this. "And what happened to the Princess?" Jamie inquired. "Alice Maud Mary was her name. Her children were sick with diphtheria and she kissed one . . . caught the disease and died. The kiss of death" they called it ever since. "But didn't they inoculate



Shown above is the Prince Street School chorus of Charlottetown, comprised of pupils of grades 9 and 10, which was the only entry in class 60 of the recent Festival of Music. This chorus received marks of 83 and 80 for the two test pieces. Smith Photo.

Cook's Corner

BAKED RHUBARB

This makes an attractive looking dish as the rhubarb does not brown up during baking, but keeps its shape beautifully.  
5 cups prepared rhubarb (about 2 pounds)  
1/2 cup granulated sugar  
1 teaspoon grated lemon rind (optional)  
Wash, trim and cut rhubarb into 1-inch pieces and arrange in a greased casserole.  
Sprinkle with sugar.  
Mix the water and lemon rind, if it is being used, and pour over the rhubarb.  
Cover and bake in a moderate oven, 350 degrees, until the rhubarb is tender—about 30 minutes. Chill.

people then?" he asked. "I'm afraid they didn't know much about preventive measures of medicine in those days. The Princess died seventeen years after her father, the Prince Consort making the first break in the family of nine." "And was the Prince Consort the King?" Jamie queried weighing the matter. "A Queen's husband is a king isn't he?" "Not that time — she being of the blood ruled while he . . ." "Looked on?" Jamie supplied. "But," we continued "he was a great man, fine and kind and good and the nation respected him and sincerely mourned his passing." "And you can remember all about them?" Jamie remarked. "Not all," we laughed, "some I remember — her Jubilee . . . and her death, when it seemed as though the very bottom had dropped out of the world — and the new King Edward, elderly then, but," we chuckled to Jamie, "with a twinkle in his eye! But folks talked a lot about the Queen — she had reigned so long and was so thoroughly good it seemed to the children of those days that she was actually the head of the family — and one to respect. And now her great-grandson is King. She's dead forty-nine years!" "Forty-nine years!" Jamie exclaimed. "That's close to fifty — what a long time! Guess now," he said rising "I'll

misspell? Preventative, indicative, demonstrative, meditative.  
4. What does the word "repugnant" mean?  
5. What is a word beginning with gr that means "oddly formed"?

For Thursday, June 1  
IT is probable that delays, or postponements may come from restrictions or obstacles, although these may apply to business rather than to personal, romantic or domestic affairs. It might be as well to postpone serious efforts while taking advantage of the happier and more joyous aspects of a somewhat difficult or disappointing day. Care for the health and spirits  
For the Birthday  
These whose birthday it is may be prepared for an occasional frustration or impediment, possibly caused by lowered vitality or tension although enjoying a happy and fairly pleasant and flourishing domestic life.  
A child born on this day may need early training in determination to overcome crystallizations. At the same time there may be exceptional social or romantic rewards for sterling qualities.

Better English

- By B. C. Williams
1. What is wrong with this sentence? "Can I make breakfast now?"
  2. What is the correct pronunciation of "vagrant"?
  3. Which one of these words is

Modern Etiquette

By Roberta Leo

Q. When one has finished eating, where should the knife and fork be placed?  
A. They are placed a little to the right of the center of the dinner plate. The tines of the fork should point upward, and the cutting edge of the knife should face toward the center of the plate.  
Q. Would it be all right to have a matron-of-honor at a church wedding, and no other attendants?  
A. Yes; the bride has the privilege of having as many, or as few, attendants as she wishes.  
Q. When a person makes a telephone call to another, whose place is it to terminate the conversation?  
A. The person who makes the call should also end it.

The Stars Say

By Genevieve Kemble

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That Body Of Yours

By James W. Barton, M.D.

THE EMOTIONS AND ORGANIC DISEASE  
Long before World War II, it was known how greatly digestion was affected by the emotions. Stomach ulcer was a common ailment. Even before our men and women went overseas, while they were still in our home camps, digestive ailments, mostly stomach and duodenal ulcer, were the most common cases treated. This was because of separation from families, new surroundings, food changes and other unusual conditions. These changes in their everyday lives upset their emotions, which in turn so changed the regularity and process in the body that "actual" changes occurred in the organs themselves.  
We all know how fright, fear, rage affect our heart, breathing, skin, and urinary bladder. Just as they affect these organs they affect practically all the other organs to some extent. Further, as pointed out years ago by research workers, after the emotions have caused "functional" changes for a considerable time, these same emotions can cause organic or true disease in an organ.  
In "General Practice Clinics," Dr. William C. Menninger, Topeka, Kansas, states that physicians are growing more aware of the emotional factor in all types of illness. Emotions cause certain types of organic changes in the tissue as shown by peptic ulcer. The fact that medicine develops operations to overcome the effect of the emotions (cause by nerves) such as cutting the vagus nerve in peptic ulcer, cutting the nerve in treatment of high blood pressure and also cutting nerves which supply parts of the brain which control the emotions of deep grief and depression, is definite proof of the effect of the emotions. It can thus be seen that diseases can be started by the emotions, and diseases already started can be aggravated and cause complications.  
Finally, Dr. Menninger states, the emotions are a significant feature in the restoration to normal (rehabilitation) of every prolonged illness and may become the chief factor in preventing or delaying complete recovery where there are resulting handicaps from an illness, whether these handicaps are heart disease or the loss of a limb. For this reason the physician must always keep in mind the effect of the emotions and try to build up the patient's morale, by pointing out that it is his emotion, not heart disease, loss of limb, or other ailment, that is delaying recovery.  
NEUROSIS  
Believing you have a physical ailment when none exists is a neurosis, and is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just send 10 cents and a

How Can I!!!

By Anne Ashley

Q. How can I clean my fingernails more effectively?  
A. Never use any sharp instrument, such as the point of a knife or file, as this roughens the inside of the nail and causes it to collect more dirt very readily. Use an orange stick, or clean with soap, water, and a stiff brush.  
Q. How can I keep an egg that has broken and cannot be used immediately?  
A. Place it in a cup and cover with water or milk, to keep it from drying. They keep it on ice.  
Q. How can I make a house plant out of a pineapple?  
A. Cut off the top of a pineapple, and place it in a glass jar, with water. Then place the jar in a flower pot. It will make a pretty, inexpensive house plant.

Household Scrapbook

By Roberta Leo

The Pudding  
Butter the top of the pudding dish for about an inch around the edge and add a small piece of butter to the pudding itself, and you will not be troubled with having your pudding boil over in the oven.  
Scorched Pans  
To clean pans that have been scorched by food adhering to them, sprinkle some baking soda into them and allow to stand for a while. They can then be easily and quickly cleaned.  
Fly Paper  
Stickiness on the hands resulting from the handling of fly paper may be removed with a cloth saturated with kerosene or gasoline.

Morning Smile

Different

Jimmy and Bobby were in beds side by side in the children's hospital, and the visiting hour had just passed.  
"Ah, you big sissy?" Jimmy said, "Crying because your mummy's gone away?"  
"I'm not crying for my mummy," Bobby answered. "I'm crying because ma wee dog's died."  
"Well, my granny's died," answered Jimmy, "and I'm not crying."  
"Maybe you hadna your granny since she was a wee pup," Bobby sobbed out.  
3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Inc. in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Father's Problem

Should He Give Money To Spendthrift Child?

DEAR MISS DIX: I have two fine daughters. One is easy-going, never thinks of saving for the future, has earned good money and spent it as fast as she made it. She married a man of the same disposition and they have less now than when they got married. The other is very industrious. She has earned lots of money, but she has always saved a portion of it. She married a man who is also thrifty and they are getting along fine. Now I haven't a great deal of money to give my children, but I could put either one on Easy Street along with what they make themselves. What would you advise?  
DAD

Will Run Through Her Fingers!

It is easy to understand that you feel some hesitation about giving money to your thriftless daughter because you know it will run through her fingers. It is a familiar problem that all of us have encountered who have tried to help people. Those who most need our help seem impossible to help. Nothing we ever give them does them any real good because they waste it and throw it away, whereas when we give to those who can help themselves our assistance counts because we boost them up the ladder faster than they could climb alone. However, that refers to outside people. Not our own, and especially not our own children. They have a right to our help. But I think that when parents give to their children they should take their temperaments into consideration.  
So I advise you to divide your money equally between your daughters and to put what you have to give the spendthrift into some sort of a trust fund so that she cannot touch the principal and will only get the interest. In that way you will save her from the want that the extravagant always come to, sooner or later.

Disgusted

DEAR DOROTHY DIX: I have a friend who during the entire five years of her married life has supported an able-bodied husband who has never done a hand's turn of work. She has turned over to him every cent of her salary except lunch money and carfare, out of which she buys small necessities. She doesn't even buy clothes, as her relatives keep her supplied. The husband never gives her a word of praise. Instead, he tells her how lucky she is to have him, of how many girls he could have if he were not married and that she is a ball and chain around his feet. Once in a while she bursts out in protest, but only to beg his forgiveness for doing so when she sees that he is liable to break every piece of furniture in the house as a result of his nasty temper. This woman is only 22. What do you think of a case like this?  
ANSWER: My first thought is one of contemptuous pity for a woman who is feeble-minded enough to waste her life slaving for a lazy loafer, who does not even throw her a kind word as one might pitch a bone to a hungry dog. My second thought is a truer one, and that is that my pity is wasted, for she is having the time of her life. She is doing exactly what she wants to do and enjoys doing it, or else she wouldn't do it.  
How come, nobody knows. But it's true, as every one knows who has ever tried to get the wife of a drunkard to leave the sot who had dragged her down into the gutter; as every one knows who has ever tried to rescue a battered-up woman from a wife-beater; as every one knows who has tried to make a hard-working woman shut her purse against the grafter who lived on her.  
We waste our sympathy on the doormat wives.  
DEAR MISS DIX: We are a poor couple who are being eaten out of house and home by week-end guests. In addition, my husband has been sick and I am far from strong and we can't afford either financially or physically to entertain this crowd of deadbeats. What can we do?  
ANSWER: Just write the chief offenders a little note and tell them that while you are sorry not to have them any more, you are simply in no position to run a free hotel. They will be furious but you should worry over being rid of a lot of parasites.  
DOROTHY DIX cannot reply personally to her readers, but will answer problems of general interest through her column.

*"You're beautiful Coleen!"*



COLEEN GRAY as she plays opposite BING CROSBY in Paramount Pictures' "RIDING HIGH"

*"I'm a Lux Girl,"*  
says COLEEN GRAY

"Lux Soap facials really make my skin softer, smoother," says Coleen Gray. Yes, actually 3 out of 4 complexions improved in a short time in recent tests by skin specialists. See what this gentle care can do to make your skin lovelier. Work the creamy lather in well, rinse, pat with a towel to dry. You'll agree with Coleen Gray, who says: "Skin takes on new beauty so quickly!" Try the generous bath size Lux Toilet Soap, too—so fragrant, so luxurious!

9 out of 10 Screen Stars use Lux Toilet Soap

for those who KNOW!  
**LEMON PIE**

Mix Canada Corn Starch, salt and 1/4 cup of the sugar in top of double boiler. Gradually add water. Place over boiling water; cook, stirring constantly, until mixture thickens. Cover and cook 10 minutes, stirring occasionally. Do not remove from heat. Stir a small amount of hot mixture into egg yolks which have been mixed with the remaining 1/4 cup sugar. Immediately pour back into remaining hot mixture over boiling water; blend thoroughly. Cook 2 minutes longer, stirring constantly. Remove from heat; add butter, lemon juice and rind. Cool to room temperature without stirring.  
Pour into baked pie shell. Beat egg whites until stiff but not dry; gradually beat in sugar. Spread meringue lightly on filling. Bake in moderate oven (325°F.) 15 to 30 minutes or until delicately browned.

LEMON MERINGUE PIE

6 Tablespoons Canada Corn Starch	3 Egg Yolks	3 Egg Whites
1/2 Teaspoon Salt	2 Tablespoons Butter	4 Tablespoons Sugar
1 Cup Sugar	5 Tablespoons Lemon Juice	1 1/2-inch Baked Pie Shell
2 Cups Water	1 1/2 Teaspoons Grated Lemon Rind	

Canada Corn Starch

FREE! Jane Ashley's Treated Recipes  
—Send postcard to Home Service Department (CC2), The Canada Starch Company Limited, P.O. Box 120, Montreal.