

Attend C. W. A. C. Refresher Course

C. W. A. C. Officers and Officer Cadets from the four Atlantic Provinces recently attended the annual C.W.A.C. Refresher Course at Headquarters Eastern Command, Halifax. Among the topics discussed were plans for summer camp at Camp Aldershot this summer. Shown above are left to right: Officer Cadet M. C. MacDonald, Charlotte town; Major M. M. Mosher, Command C.W.A.C. Adviser, and 2-Lt. M. E. W. MacMillan, Charlottetown. (National Defence Photo)

Mary Haworth Recognizes Error In Adopting Girl

DEAR MARY HOWARTH: We have been married 18 years and have three sons. Three years ago we adopted a little girl, then four years old. Right after we adopted her, our youngest son, then age six, started wetting the bed and having headaches. Our doctor told us that Bobby was jealous of little Ann, and to love him more, which we did. Now he is nine years old and has failed his second year in school, which puts him back in the same grade with Ann. I have been very nervous since we took this child, and spent two months in the hospital recently. The whole family is upset and all our trouble is caused over this little girl.

I can't get my mind off Ann. I realize she is in the wrong family. The doctor has said that all of us would be better off if she were placed in a home. I want to be fair to her, and I realize that such a change could ruin her life; but I also know that I cannot give her what she needs. Can you suggest what should be done in the circumstances?

P.Y. WOMAN'S HONEST DEAR P.Y.: This is a sad situation, certainly; but I wish to commend you for having the good character to admit that you made a mistake in adopting Ann. That's what it amounts to, when you say "She is in the wrong family."

"Anybody can make a mistake, but only a fool won't learn from experience," a folk saying tells us. And your willingness to face your mistake, and remedy matters insofar as possible, shows that you aren't a fool—that you are open to teaching.

It is unfortunate that the whole family has been upset by your move to make Ann your daughter; and that your health and Bobby's has suffered from the strain of your ambitious attempt to do more than you could. But the really tragic figure is Ann, of course, who has been, and is being, kicked from pillar to post by Fate.

I agree with you, (or, rather, with your doctor) that another home should be found for Ann; and pray God it may be truly the right one, this time. But if your doctor has in mind institutional care—say an orphanage—when he speaks of a home, I'd be against that. I mean, it isn't my idea of real help for Ann. However, it may be in order, as an emergency measure, to rescue her from the grim plight of hanging on in your home where she isn't wanted. HELP IS NEEDED

In solving Ann's problem, every effort should be made to spare her the blow of being shooed into an institution, for an indefinite stay, after the rocky road she has been over, in search of real attachment to somebody. Another sojourn in such "outer darkness" might plunge her into confused despair, and break down her mental health. Obviously you have a genuine concern for Ann, even though the adoptive arrangement has turned out badly. And the best proof you can give, of heartfelt devotion, is to get the advice and help of Fam-



Pie Champion

Eastern region champion of cherry pie makers is Denise Amyot, 20, of Quebec City. She won the title at the U.S. championships in Chicago and with the title goes a \$200 scholarship. The secret of her pie success, she says, is a dash of port wine to the filling.

WOMEN

Thur., March 1, 1956 The Guardian, Page 9

LET'S EAT

Canning Makes Oysters Available Year Round

By Ida Bailey Allen

"Oysters played an important role in the early days of our country," I said to the Chef. "They were a mainstay food for settlers not only in the Plymouth Colony, but also in Virginia."

"Today, we know why oysters proved so satisfying. They are protein foods, a real meat alternate, with high percentages of minerals and appreciable quantities of vitamin A and B complex. And they are among the easiest of all foods to digest, whether eaten raw or in a stew."

CANNED OYSTERS

"Homemakers will also be interested," observed the Chef, "in the excellent canned oysters and oyster stew now coming from the Pacific coast. These oysters are of medium size, succulent and of fine flavor! It has taken years to grow and cultivate them from special seed."

"Now that they have reached perfection and are on the market in canned form, oysters will be available the year round to everyone in this country, wherever they live."

TOMORROW'S DINNER

Hot Tomato Juice in Cups
Oyster Escalloped-Potato
Buttered Beets Green Beans
Hot Cabbage Slaw
Pineapple Cheese Pastry
Coffee Tea Milk
Oyster Escalloped-Potato: Pare and thin-slice enough white potatoes to make 4 c. Chop 1 peeled medium-sized onion.

To put together, spread 1-3 of the potato in a well-buttered shallow 1 1/2 qt. casserole. Over it, spread 1-3 of the onion; dust with 1/4 tsp. flour and a little salt and pepper. Dot with 1 tbsp. butter.

Repeat as described, making 3 layers.

Open 1 (10 oz.) can oyster stew and pour into the casserole.

Add 3/4 c. milk or enough almost to cover the potato.

Bake covered 45 min. in a moderate oven, 350 deg. F.; then uncover.

Strew 1/2 c. grated Cheddar cheese over the top; bake uncovered 30 min. longer.

Pineapple Cheese Pastry: Blend 1/2 c. shortening (any kind) and 1/2 c. cream cheese.

Sift together 1 1/2 c. already-sifted enriched flour and 1/2 tsp. salt. Work into the shortening.

Transfer to a board or cloth dusted with flour. Roll in 1-3 in. thickness. Fit into an oiled shallow 9 in. square pan.

Cover with quartered drained slices canned pineapple. Over this, pour 1 c. commercial sour cream. Sprinkle with 1-3 c. confectioner's 10X sugar and 1/4 tsp. cinnamon.

Bake 30 min. in a hot oven, 400 deg. F. or until the crust browns around the edges. Serve warm or cold.

SUNDAY DINNER

Pickled-Carrot Scallion Saladettes

Roast Beef Yorkshire Pudding Broccoli with Buttered Crumbs Spanish Cream

Coffee Tea Milk

ELEANOR ROSS

Some Time-Saving Steps To Make Ironing Easy

More and more items which require little or no ironing are hitting the market, thereby greatly easing the work load of the average home maker. Still—let's face it—ironing is far from being extinct!

In every laundry hamper there are bound to be things that need more than a casual once-over. However, if you know some laundry shortcuts, you can approach the task cheerfully.

Remember that it's the extra motion that tires you out, so make every motion count by having your laundry organized and close at hand. A plastic-lined laundry cart which you can divide in half with a cardboard, is a great motion-saver. Keep dampened articles at one side and, as you iron, place the finished ones on the other side.

When the task is completed, roll the car to the linen closet, and put clothes away.

COMFORTABLE HEIGHT

The cart holds things at a comfortable height, lessens the amount of stooping.

Simply dampening, too, with an inexpensive gadget that sprays clothes with a fine, even mist of clean water. Easy to operate, it has a plastic hand grip, a special thumb grip on the plunger.

TWO PROCEDURES

This same spray can be used for a solution of cold water starch, thereby dampening and starching items at the same time.

Until you're ready to iron, keep dampened clothes—smoothed and folded flat, never wadded or rolled up—in a large, heavy plastic bag. Many homemakers store dampened things in a plastic bag in the refrigerator until ironing time. This spreads the moisture and prevents mildew. Also, when the cooled fabric meets the heated iron, it generates steam, giving surfaces a fine smoothness.

NEEDLES AND THREAD

For another "motion saver," keep several needles threaded with different colors stuck into the ironing board cover at your far right.

This makes last-minute mending easier. When ironing large surfaces such as curtains or tablecloths, try turning the ironing board around so that your iron rests on the tapered end of the board, freeing the wider end for a more adequate working area.

"TOTE" TABLE

If you happen to own one of those lightweight "tote" tables, made of aluminum, it can be put to nice use as an ironing board. Just pad the spacious top—24 by 30 inches—with an old blanket or bed pad, then cover with an old muslin sheet. It's ideal for ironing sheets and tablecloths, and it folds easily for storage.

MORNING SMILE

Pastor—(at Sunday School)—Now would any boy or girl like to ask me a question?

Voice—Yes; Why did the angels walk up and down Jacob's ladder when they had wings?

Pastor—Ah, splendid—now would anyone in the class like to answer that fine question?



Nigerians In England See Queen

Queen Elizabeth II, inspecting a her return to London from her visit of honor composed of Nigeria to Nigeria. With her is Principal cadets from Sandhurst on dress Anne.

CARNATION'S SHORT CUT TO TASTIER MACARONI FOR LENT

New 3-minute way to make smoother Cheese Sauce



Carnation's special blending qualities make it possible—Ordinary milk won't do!

Quickest cheese sauce you ever made. Thrifty, too—no flour or shortening needed! And so smooth!

All because of Carnation's special blending qualities—*not found in any other form of milk.*

CARNATION 3-MINUTE CHEESE SAUCE

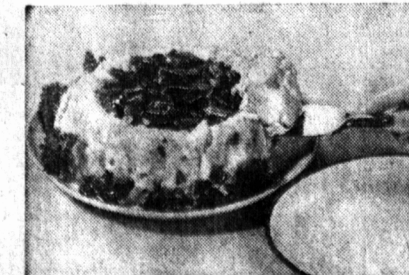
(Makes about 2 1/2 cups sauce)

1 large can undiluted CARNATION EVAPORATED MILK
1/2 teaspoon salt
1/2 teaspoon dry mustard
1 tablespoon steak sauce
2 cups (about 8-oz.) grated process-type Canadian cheese

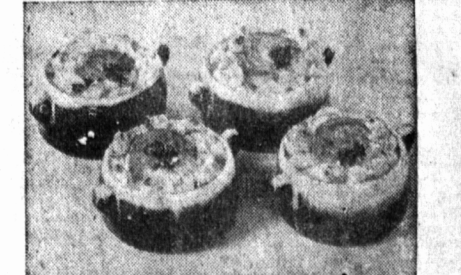
Simmer Carnation, salt, mustard and steak sauce in saucepan over low heat to just below boiling (about 2 minutes). Add cheese; stir over low heat until cheese melts (1 minute longer).



MACARONI AND CHEESE CASSEROLE. Pour Carnation 3-Minute Cheese Sauce over a mixture of 4 cups of well-drained cooked macaroni, 1/4 cup finely chopped green pepper, 1/4 cup diced pimiento. Mix thoroughly. Pour macaroni into well-buttered 1 1/2-quart casserole. Bake casserole in a moderate oven (350°F.) 25-30 minutes.



SALMON-MACARONI-CHEESE RING. Pour Cheese Sauce over mixture of 4 cups cooked macaroni, 1 cup soft bread crumbs, 1 cup salmon, 1/4 cup diced green pepper, 1/4 cup diced pimiento, 2 beaten eggs, 2 tablespoons grated onion. Place in buttered 9" ring mold. Bake in moderate oven (350°F.) 30 minutes; let mold stand 5 minutes; turn out on warm platter.



INDIVIDUAL MACARONI-CHEESE-TOMATO BAKES. Pour 3-Minute Cheese Sauce over mixture of 4 cups cooked macaroni, 1/4 cup diced green pepper, 1/4 cup diced pimiento and 1 1/2 cups diced fresh (or drained canned) tomatoes. Blend lightly; place macaroni mixture in 6 individual casseroles. Bake casseroles in a moderate oven (350°F.) about 20 minutes.

For tops in QUALITY & SERVICE

Shop at ZAKEM'S. Shop where quality is sure, prices low and the service is constant. This week we feature many popular items plus a treat to any taste. BROTHERS—cleaned and ready for cooking. Make this week-end a holiday weekend. Deck your table with these taste-tempting specials from ZAKEM'S.

<p>Eviscerated Average 2 Lbs.</p> <p>BROILERS Lb. 59c</p> <p>HAM Maple Leaf Shankless Picnic Lb. 39c</p> <p>LIVER Fresh Pork Lb. 19c</p> <p>SAUSAGES Tasty Bulk Lb. 39c</p> <p>CORNER BEEF Brisket or Plate Lb. 29c</p> <p>FISH STICKS Frozen Blue Water Pkg. 39c</p>	<p>Plum Jam DAMSON 24 OZ. 35c</p> <p>Apple Juice GRAVES 48 OZ. 27c</p> <p>Kraft Dinner 2 PKGS. FOR 29c</p> <p>Molasses QUART 35c 3 qts. 99c</p> <p>Sugar LANTIC WHITE 10 lbs. 79c</p> <p>Butter NO. 1 HAZEL-BROOK 2 lbs. \$1.25</p> <p>Orange JUICE, MINUTE MAID FROZEN 2 tins 45c</p> <p>Strawberries KOLD PAK 15 OZ. 2 pkgs. 85c</p>
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Large 48 Oz. Tin 35c



NEW FORMULA Pkg. 29c

<p>MUSHROOMS FRESH CROP Lb. 59c</p> <p>NEW TEXAS CABBAGE, lb. 8c</p> <p>FRESH CRISP CELERY . . 19c</p>	<p>EAT OR COOK APPLES, 5 lbs. . . 35c</p> <p>NEW CROP ORANGES, 2 doz. 69c</p>
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