

Women End Civil Defence Course With An Assault

ARNPRIOR, Ont. (CP)—Sixty women wound up a week's instruction in civil defence Friday with an assault on a disaster area contaminated by mythical atomic bombs.

Armed with fire hoses, ladders and gelger counters, they staged a practical demonstration of what they learned during the first women's course held at the Canadian Civil Defence College.

Representatives of women's and civil defence organizations from across Canada attended the course which covered rescue work, fire-fighting, radiation detection and emergency feeding.

"A number of women's organizations asked for a course like this to show what women could do in civil defence," said Maj.-Gen. F.

Worthington, federal civil defence co-ordinator.

"We set out to show they could do anything."

This was the first all-girl project involving the rougher aspects of civil defence work.

FROM MANY VOCATIONS

The students included housewives, clubwomen, a policewoman, an insurance saleswoman, a milliner and a woman's editor.

Women wearing steel helmets and coveralls, wrestled with backing fire hoses and scouted for radioactivity in the "disaster area."

The emergency feeding unit cooked an outdoor meal of wieners and beans against a background of exploding "bombs", sirens and minor bonfires.

Rescue squads dug live casualties out of ruined cellars, lowered stretcher cases from upstairs windows, and sawed their way through piles of debris to reach buried "victims."

"It's absolutely unbelievable what some of them have pulled off today," said one instructor, mopping his brow.

They ended their rescue practice by lowering Gen. Worthington on a stretcher from the roof of a two-storey building. He called it a smooth, professional job.

Wonderful Woolen



BY TRACY ADRIAN

The flattering princess line is beautifully portrayed in this soft and feminine dress for daytime wear around town or for commuters from or to the suburbs.

It is made of a lightweight casha fabric in a wonderful tone of light beige. The frock is interestingly and becomingly detailed with ric-rac braid from the bodice to the hip line and the same braid is used around the little Peter Pan collar. A self tie, and three-quarter sleeves are other details.

Queen Elizabeth Proves She's Natural Film Star

Queen Elizabeth proved herself to be a natural film star throughout her spectacular presence in the focus of thousands of cameras during her celebrated six-months tour. This was the consensus of opinion of all photographers who accompanied the Queen's retinue on "The Royal Tour of Queen Elizabeth and Philip," which will be shown beginning today at the Prince Edward Theatre.

The Twentieth Century-Fox full-length feature release in CinemaScope with color faithfully captures the natural charm and elegance of the Queen which she displayed whether she was sightseeing meeting her subjects or opening Parliaments.

The camera crew headed by Paul Wyand of the British Movietone, agreed that she was a helpful as well as charming subject. She soon learned where to stand so that the most effective pose should be obtained for the camera-men in whom she took a great personal interest.

Both Elizabeth and Philip took the utmost trouble on all occasions to see that photographers obtained

all the pictures they wanted. Consequently the amazing historical film document, "The Royal Tour," is the most rewarding photographic record yet realized of the gracious young Sovereign and her handsome Duke.

EAVESDROPPER

Queen Elizabeth became unwittingly an eavesdropper to a curbside debate during her tour of the Commonwealth which is brilliantly recorded in CinemaScope with color grandeur in "The Royal Tour of Queen Elizabeth and Philip," now at the Prince Edward Theatre.

The Queen's car had halted for a moment in the royal procession through the streets of Auckland, New Zealand when the young monarch became aware of the conversation of two little girls. They were debating her identity. One maintained it was Elizabeth, while the other dubiously shook her head, saying it must be the Princess Margaret. At this point Elizabeth leaned over and settled the dispute by saying, "No, it's me."

Edmonton - Born Opera Star Makes Successful Comeback

NEW YORK, (CP)—Edmonton-born opera star Mona Paulee is singing her way back to the top.

After an absence of several years from the American stage, the former metropolitan opera singer is making a comeback. Last month she sang a highly-acclaimed "Carmen" in Los Angeles. She's now appearing on radio and TV in New York.

The 37-year-old singer will shortly leave for Europe to sing in the Munich and Zurich state opera. She will return for concert performances in the United States—and possibly Canada—early next year.

"I would love to sing in Canada again," said the dark-haired mezzo soprano. "When I toured Canada a few years ago, I found people keen in opera everywhere I went. In Kelowna, B. C. I even helped them make the stage."

OPERA NEEDS SUPPORT

Miss Paulee thinks Canadian opera could make much greater strides with more financial support.

"This is the secret of the success of European operas," she said. "They have their governments behind them and I'm sure Canadian opera would also do well if the Canadian government gave

financial backing."

The former Edmontonian felt it was a pity so many Canadians had to come to New York for training. Miss Paulee, herself, was a 1941 winner of the Metropolitan auditions of the air, which brought her immediate acclaim and a contract with the world-famous company.

RETIRED IN 1950

She made frequent appearances at the Met and on the concert platform in Canada and the United States, until she retired temporarily in 1950 to have a baby. She is married to an American mining prospector, Dean Holt.

But Miss Paulee had no intention of giving up her career, and in 1952 was singing again. However, the going wasn't easy.

"It was a challenge to make a comeback," said the Canadian-born singer. "It was just like singing on the stage for the first time."

Orange Rice Custard

1 tbs. washed rice
3 tbs. light cream
2 tbs. heavy cream
2 tsp. sugar
4 tsp. orange juice
2 sections of orange
1/2 teaspoon grated orange rind
Mint leaf.

Place rice, light cream and four teaspoons water in double boiler top. Cover and steam until rice is tender. Take off stove and add sugar, orange juice and orange rind. Whip the heavy cream and fold into the mixture. Pour into custard cups and set in refrigerator to chill. Makes one serving.

Morning Smile

"With your boy's family background, madam, I'm afraid he will always be a little backward," said the schoolmaster.

"I see—a chip off the old blockhead!"

Apple Butter

7 cups fruit pulp
9 cups sugar
1 tsp. cinnamon
1 tsp. allspice
1/2 tsp. cloves
1 box powdered fruit pectin

To make the butter: Measure sugar and set aside. Remove cheesecloth from sieve and put fruit through sieve. Measure 7 cups pulp into a very large saucepan. Add spices. Add powdered fruit pectin to pulp in saucepan and mix well.

Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil and boil hard 1 minute, stirring constantly.

Remove from heat, skim off foam with metal spoon, and ladle quickly into glasses. Cover butter at once with 1/4 inch hot paraffin. Makes about 15 six-ounce glasses.

Chocolate Drops

Makes 3 dozen.
2 cups rolled oats
1 cup shredded coconut
6 tbs. cocoa
1/2 cup butter
1/2 cup milk
2 cups white sugar
1/2 tsp. vanilla

METHOD:
1. In a large bowl, thoroughly mix rolled oats, coconut and cocoa.
2. Heat butter, milk and sugar together in a saucepan until almost to boiling point, but do not boil.
3. Then pour over dry mixture. Stir well, and drop by spoonfuls on buttered waxed paper. Chill until firm.

Winter Window Gardens



Bulbs which blossom in the early spring do not demand sunlight of maximum intensity, therefore they thrive and blossom indoors in light insufficient for most flowering plants.

Varieties which flower earliest in the garden are easiest to flower indoors as a rule. Crocuses, grape hyacinths, narcissi and hyacinths are less difficult than tulips. They can be grown in bulb fiber, in bowls without drainage.

Bulb fibre can be prepared by mixing peat moss which has been put through the kitchen sieve, with one fourth its volume in charcoal, and one eighth fine oyster shell or bone meal. Fill a decorative bowl with the fibre, saturate it, and set the bulbs in the fibre up to their necks.

Place rice, light cream and four teaspoons water in double boiler top. Cover and steam until rice is tender. Take off stove and add sugar, orange juice and orange rind. Whip the heavy cream and fold into the mixture. Pour into custard cups and set in refrigerator to chill. Makes one serving.

Keep the bowl in dim light where the temperature stays below 55 degrees, watering the fibre regularly. If it dries out the flower buds may be destroyed. Root growth will form first, then top growth will begin. As soon as top growth is well started, take the bowl to a window where it will have all the light possible, and a temperature between 55 and 70 degrees. A picture window facing north which is not shaded from reflected light of the northern sky, is a preferred location for most flowering bulbs and foliage plants.

The light which such a window admits is adequate and it has the advantage of an even and cool temperature. In a room which varies between 70 and 80 degrees in daylight hours, the

temperature close to a north window will often be 10 to 20 degrees lower.

A picture window facing south, on the other hand, which gets the full impact of the winter sun will usually be subject to extreme variations of temperature.

East and west picture windows are likely to be more favorable to plants than one facing south. Artificial light can be used to supplement daylight which is insufficient.

By using a photographic light meter, which nearly all amateur photographers now possess, you can check the light from your best window to see whether the daylight is adequate for the plants you wish to grow.

An intensity of 200 foot candles (or twelve hours a day is sufficient to develop the flowers of bulbs. To measure the light that falls on the place where your plants can be kept, lay two sheets of white paper flat, one above the other. Hold a Weston light meter six inches above the paper, being careful not to cast a shadow. Multiply the meter reading by four and you will have approximately the foot-candles of light available to your plants. Any kind of artificial light can be used to make up a deficit. Other flowering pot plants, which need about 500 foot candles each 12 hours, should not be attempted except in a south window, which enjoys direct sunlight or a large east, west or north window which receives the full reflected light of the sky.

You know it's good because it's HEINZ



Alice Brooks Designs

SCRAPS-INTO-APRON

Use scraps—the gayer the prettier! This apron is Sew-Easy—jiffy to embroider—the love of your home life! Make two—bib-apron for cooking, half-apron for serving. Smart gift for a bride.

Pattern 7031: tissue pattern, embroidery transfers.

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 and SIZE.

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.

Best for Baby's Coughs
BABY'S OWN COUGH SYRUP
Specially formulated for babies!
Breaks up phlegm—eases wheezing!



by Alice Brooks

Pay for 3... Get 4!

SPECIAL OFFER 4 Packages for the Price of 3!

FLEISCHMANN'S ACTIVE DRY YEAST

This 4th package **FREE** with purchase of other 3 packages

SPECIAL OFFER

ON FLEISCHMANN'S ACTIVE DRY YEAST

Right now you can get four packages of Fleischmann's Active Dry Yeast for the price of three! What a chance to save money—and discover the speediest, handiest yeast ever!

Fleischmann's Active Dry Yeast is so easy to use—it's made extra active to rise extra fast. And it stays fresh for months without refrigeration! Put in a supply for several weeks of good baking.

Fleischmann's Yeast has been the favorite of Canadian women for over 80 years. When you bake at home, use Fleischmann's Active Dry Yeast for wonderful results.

Offer good for limited time only — Buy Now!

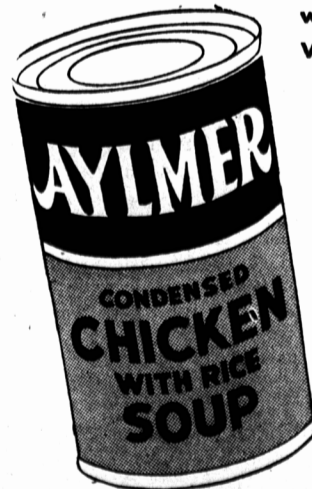
SAVE 10¢

ON 1 TIN OF

AYLMER

CHICKEN with RICE SOUP

when you buy 1 tin of AYLMEER Tomato or Vegetable Soup at the regular price!



We offer this big saving to get you acquainted with delicious AYLMEER Chicken with Rice Soup!

Your family will love this tasty chicken soup with delicious morsels of choice, tender chicken. It's a special treat with the children... and so nourishing for them too!

Hurry! Offer Good for Limited Time Only! Don't miss this SAVING! Clip this coupon and put it in your purse, ready to cash in at your grocer's next time you shop.

CLIP OUT NOW!

THIS COUPON WORTH 10¢

Mrs. HOUSEWIFE: This coupon entitles you to a saving of 10¢ on AYLMEER Chicken with Rice Soup, when you buy 1 tin of AYLMEER Tomato Soup or Vegetable Soup at the regular price.

Mr. GROCER: Canadian Canners Ltd., will pay you 12¢ for this coupon if it is accepted in part payment for AYLMEER Chicken with Rice Soup, when purchased with AYLMEER Tomato Soup or Vegetable Soup. Hand coupon to your Aylmer representative or mail it to Canadian Canners Ltd., 44 Hughson St., South, Hamilton, Ontario.

Take this coupon to your Grocer today

This offer expires October 30th, 1954

Good anywhere in Canada.

CG-3