

Watch For New Foods At Streamlined Stores

In this atomic age of anxiety and tension, we can still count our blessings when it comes to foods.

Glamorous and Efficient

The food business is progressing. Supermarkets and food stores are not only glamorous, but more efficient. A higher standard of cleanliness is in order. Products are displayed and arranged for quicker, easier shopping.

The cleanliness of the foods themselves is progressively safeguarded by improved packaging, which also helps to retain original flavor and texture. Refrigeration is becoming a matter of course for perishable vegetables. Meats are pre-cut, wrapped and refrigerated for display. Frozen food counters, with an ever-increasing line of foods, are finding their way all over the country.

Instant Oatmeal

Here's the new instant oatmeal. Just pour on boiling water and eat. The new non-fat dry milk that dissolves instantly in water. Ham, tongue and sausage that are ready-to-heat and eat. Bonito, the canned fish that costs less and is used like tuna. The new mixes, pop-overs, for instance. And a whole flock of baby foods.

In frozen foods, try the ever-widening line of vegetables: frozen potato puffs, baby Brussels sprouts, kale, eggplant, black-eyed peas. Make a chowder with the new frozen ocean clams. Try the superb brand-new frozen soups.

Right now, the Chief and I are

test-tasting marvelous new forms of favorite foods on the horizon for 1955. News will be launched in this column as soon as these products are available in the stores.

MONDAY DINNER

Citrus Juice
Roast Beef Potato Bake
Sliced Carrots Buttered Kale
Cake Crumb Souffle
Coffee Tea Milk

Roast Beef Potato Bake: Cook 8 white potatoes; cool and slice. To 2½ c. chopped roast beef, add 3 tbs. flour, 1 tsp. salt, ¼ tsp. monosodium glutamate, ¼ tsp. pepper, ½ tsp. sugar, 1 c. gravy and 2 c. canned tomato. Bring to a boil.

Layer into an oiled 2 qt. baking dish alternately with layers of the potatoes. Top with over-lapping slices of potato.

Brush with oil; dust with salt and pepper. Bake 30 min. in a moderate oven, 375 degrees F.

Cake Crumb Souffle: Scald 2 c. milk. Stir in 2 tbs. cornstarch blended with 2 tbs. cold water, ¼ c. sugar, ¼ tsp. salt, 2 beaten egg yolks and ½ tsp. vanilla. Stir and slow-cook 3 min.

Add 1½ c. fine cake or cookie crumbs, any kind. Beat the 2 egg whites stiff and fold in. Transfer to a buttered shallow qt. baking dish.

TRICK OF THE CHEF

When cooking carrots add a beef bouillon cube.



To Baghdad

Frances Isabel McKay of Winnipeg, director of women's work for the Manitoba department of agriculture and immigration since 1940, has obtained an eight-month leave of absence to work for the government of Iraq. She will develop a program of education in home economics for secondary schools and selected training centres. It is under the auspices of the Food and Agriculture Organization of the United Nations. (CP Photo)

Policewoman Has Chased Errant Husbands for 35 Years

TORONTO (CP) — As a policewoman and as probation officer of Toronto's juvenile and family court, Mary Phillips has been chasing errant husbands for 35 years.

She sees that men who desert their families keep up payments ordered by the court for support of wives and children.

LONG SERVICE

Miss Phillips, whose twinkling blue eyes and Irish brogue are familiar to thousands of people with domestic troubles, was one of the city's first policewomen.

In 1919 she started as a collection officer in the morality department. She was one of two women on the force at the time.

When the family court was established in 1929 she became court probation officer.

She says she could not escape police work. In her native County Leitrim, three of her brothers were policemen. Her sister Elizabeth retired recently as a matron at Toronto's Mercer reformatory for women.

Since 1929 Miss Phillips has seen collections from erring husbands climb from \$90,000 a year to \$700,000 in the Toronto area.

"Much tragedy comes to our office," Miss Phillips said. "But we try to look on the brighter side."

When a case of desertion comes up we try to do everything in our power to keep it out of court and get an amicable financial agreement between husband and wife.

There are many happy endings too. One couple got together after the husband had paid for his family's support for nearly 20 years.

Miss Phillips does not put all blame in family troubles on the deserting husband.

"Some husbands are just wonderful," she said. "They may not be able to get along with their wives but many have been contributing faithfully to their support for more than 20 years."

Up the hill we came merrily, and soon by the grove depleted now of Pat's maples; past Christy's pond where generations of children from the farms about have skated. In winter-comfort the farmsteads were settled into their surroundings prepared to bear in content such winds and snows as the season should bring. And now to point out changes the years had given, machines-cars, trucks, tractors and a great transport moved on the highway we neared.

MARY HAWORTH'S MAIL

Mother Yearns For Death Since Son Died

DEAR MARY HAWORTH: Maybe you can help me with my problem, which, as time goes on, gets worse instead of better. We just recently lost a small son, and aside from occasional outbursts of grief, I feel no emotion except a great sadness and yearning for death myself. This is particularly bad as I have an ailment which, if only slightly neglected, might be fatal.

It is a great temptation at times to just give up; but we have other children who need me. Although my husband loves us in his rather selfish way, he would be a push-over for the first pretty ego-flattering female who came along.

And it would be thanks to Providence, looking after children, if she proved to be a good step-mother.

Never the morbid type, I've had to shoulder 90 per cent responsibility in marriage. I've had to be father and mother, cook, house-keeper, nurse, etc.—and in regard to the child who is gone, I feel I was a miserable failure. I have no memories of hours spent playing, reading or making his life happier.

I realize how dreadfully false my values were! and the time spent keeping the house just-so, perfecting meals, etc., gives me no comfort now.

I am truly living an unhealthy existence with almost all my waking hours beset by guilt feelings. I've tried praying and reading the Bible, but having always been a skeptic I haven't derived any great solace. Still, if there is a Heaven my child surely went there; and if I were to hasten my death may be I would end up where he is, and where I want to be.

I realize it is ridiculous to let one failure absolutely throw me, when there are other little lives in my care. But right now I couldn't feel more desolate if I had lost my one-and-only, instead of one of several children. Perhaps you can straighten me out; if we had the money I honestly would seek psychiatric aid.

DEAR G. R.: You say you were never the morbid type. Perhaps not, in the sense that you never slowed down or took time to face yourself until stunned by your son's death.

However, in marriage (and doubtless before), you've been driving yourself to a compulsively perfect performance. This is inadvertently told in your lengthy recital, here condensed. And this feverish pace is a net result of neurotic conditioning in formative years, ingrained by unduly severe authoritarian rule.

Whoever brought you up was never sympathetic to your efforts, much less to your failures, and never satisfied with your best achievements, I gather. Thus hurried, you came to judge yourself by the judge's impossible perfectionist standards—which actually signified mean rejection—and in this way you became alienated, as it were, from your potentially wholesome real self.

When that sort of injury has been inflicted, the person is emotionally crippled, disabled for love and disinterested in close relationships. He is inwardly constrained by uneasy conflict, and outwardly a slave to duty and a fiend for work—with a heart of stone (apparently) through no fault of his own. And he is prey to guilt-feelings concerning all his misfortunes touching his experience, that he can't prevent—making no sensible allowance for his quite human lack of omnipotence.

Self-Confidence Terribly Shaken
But of course you aren't a hopeless case. There is nothing wrong that psychiatric or analytic help and a spiritual awakening, can't put right. The compulsive perfectionist struggles blindly to master life, on the theory that this is possible, and expected of him—instead of learning to bear disappointment, accept sorrow and endure pain philosophically, as normal people do instinctively in sound humility.

Your mood of great sadness and yearning for death — a form of despair, the great sin against God — has to do with terribly shaken self-confidence, that was always



MR. AND MRS. GEORGE FRANCIS CHAPPELLE AND ATTENDANTS
Former Islanders Wed In Toronto

Mr. and Mrs. George Francis Chappelle were married at St. Cecilia's Church, Toronto, Ont., recently by the Rev. M. E. O'Grady. The bride is the former Margaret Catherine Curley, daughter of Mr. and Mrs. Joseph Curley, Central Royalty, Charlottetown, and the groom is the son of Mr. and Mrs. George C. Chappelle, Charlottetown. Shown with Mr. and Mrs. Chappelle are Mr. George Steele, groomsmen; Miss Gladys Curley, maid of honor and Miss Dianne Scott, bridesmaid. — (Photo by Louis Sardin).

KEEP IN TRIM

Inspiration For Slimming

By Ida Jean Kain

RESOLVED: TO WEAR YOUR PERFECT SIZE

The most exultant letters come from dieters who can once again slip into their right size dress. "The day I could wear size 16 again was the happiest day of my life!" is the blissful theme. This size incentive can enliven your interest while dieting. To bring your goal closer, aim first at your next smaller size.

Through a scientific sizing system developed by the trade in cooperation with the U. S. Department of Commerce, under the direction of Mansfield Lorie, the number of pounds from one dress size to the next has been determined. Scientific sizing is based on structure and body measurements. In small sizes there is a 10 pound difference; in medium sizes, 12 to 14 pounds; and in large sizes, there are 16 pounds between sizes.

There is a weight range within which you can wear a certain size dress. The manufacturer's dress size score can keep you from giving up when your goal is within reach. An overweight size 20 complains

more bravura than real, however. It is natural to grieve over wasted opportunities to give and share love, after a dear one is gone. And yet, plain devotion is the good bread of life (which you gave your son); compared to which sentimental indulgence is frosted cake, not so healthful as a steady diet.

You are probably physically exhausted as well as heartsick, and you need a fortnight's total rest, seasoned with tender loving care, and possibly some vitamin "booster" shots, to put you back on your feet.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Choice Diet Tomorrow's Menu
Breakfast 200 to 275 cal.
Citrus Fruit Juice — 5 oz.
Choice of:
1 or 2 Eggs — Thin Slice Toast
Butter, 1-2 pat
Or: Hot Cereal, 3-4 cup
Whole Milk, 1-2 cup — Sugar 1 tsp.
Coffee, black
Note: If sweetening wished, use saccharine, Sugarine or Sucaryl, no calories.

Lunch — 325 Calories
Protein Choice: *Tuna fish, 1-2 cup 200 cal.
On Thin slice buttered toast Ground round steak — 2 1-2 oz. on Toasted half Bun — mustard, Cole Slaw or Sliced Tomato, Canned Apricots or Fresh Fruit
Hot Tea with Lemon
*Note: Wash oil from tuna fish or use tuna canned with out oil

Late-Afternoon Energy Pick-Up
Buttermilk or Skim Milk 80
Dinner 410 Calories
Protein Choice:
200 cal.
Broiled Mackerel w. 3 lemon
Or Veal Cutlet — broiled
Or Cheese Souffle, 1 cup 220 cal.

Choose One: 40 Calorie Veg. 1-2 cup
Beets, carrots, winter squash
Choose One: 30 Calorie Veg. 3-4 cup
Broccoli, cabbage, greens
Butter for Vegetables, 1 teaspoon
Fresh or Frozen pineapple, or berries 50
Coffee or Tea

Calories Per Day 1015 1060
*Man may add potato or hot roll with butter to dinner menu.

MORNING SMILE

A loose tongue often is a good indication of a man being tight. When a woman's egg starts telling on her 's when a woman stops telling her age.

Raising a family these days costs almost as much as it's worth. Babies want more sleep than grownups, says a doctor. So, why don't they do it at night?

BIG INDUSTRY
Sales of poultry farm equipment in Canada in 1953 were worth \$654,000.

QUESTION AND ANSWER
N. H.: What causes diaper rash and how can it be prevented?
Answer: Diaper rash is an inflammation of the skin due to irritation from certain substances formed from the urine. Making sure that the diapers are boiled, are hot, tearing the skin with mild ointment are helpful in preventing this condition.

HISTORIC RELIO
Earliest recorded meteorite fell at Ensisheim, Germany, in 1492.

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 Street West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.
WONDERFUL is the word — for our NEW Alice Brooks Needlecraft Catalog for 1955. Exciting, enchanting are all that — our new designs are all that — and even more! Send 25 cents for your copy of this terrific catalog — right NOW! You'll want to order every wonderful design in it!

HOUSEHOLD HINT
Lap boards are coming back! They are used for washing, sewing and breakfasting in bed. You can make them of plywood with one side cut to fit the waist. Sandpaper them smooth and coat with fresh, white shellac.

Perth in Western Australia is 2,000 miles distant from the cities of eastern Australia.

LADIES' WEAR
NORMA'S January Clearance
DIAL 3056
160 A KENT ST.
1 Rack of Ladies' COATS to clear . . . 15.00
1 Rack of DRESSES to clear 5.00
1 Rack of SUITS HALF PRICE
1 Lot of PURSES to clear 2.00
All Wool CARDIGANS, reg. 4.98 for . . 2.98
Discontinued line BRASSIERES, clearing 1.00
BLAZERS 20% OFF
DRESSES - DUSTERS
HOUSECOATS
SKIRTS
All Wool Jersey BLOUSES
33 1/3 OFF

ELLEN'S DIARY

by an Island Farmer's Wife

We had our first sleigh-ride of the season today—with Granddaughter and Mack, and as far as the corner-store.

Both farmers attended to the hitching of the Nell-mare, James himself having strengthened the breeching with a needed rivet to insure our safety coming down "that hill." And presently wraps tucked about us in the box-sleigh and stout (rope) reins in hand, we were on our way. . . . The mare's coat is the shade of satiny chestnut, her face-markings and socks are in white. She is of the general purpose type of horse-flesh, though she is somewhat finer than the term indicates, and quick to respond to the inflection of voice or rein.

"Do you think you can manage her?" Mack, settled cozily between us on the seat, asked with more curiosity than misgiving. "Sometimes she's fairly wild."

"Of course she can," Granddaughter replied confidently. "She drove horses, long before we were born."

"But she can't drive a truck or a tractor—and they're easy," he commented.

"Well, how could she?" she smiled defending our rather restricted capabilities, "there were neither trucks or tractors to learn about when she was a girl. Horses were used, well, for just about everything."

Down the lane, white-carpeted for us this quiet winter-morning, the sleigh went: along the bridge of stream, to enter then, the roadway which leads now high and broad to join the Trans-Canada Highway which runs by the store at the corner.

A farm-sleigh ahead, with its sacks of grain turned aside to the mill-road. And we were left alone—so alone we could fancy in the circumstances and surroundings, the years had turned back to give us again that machineless age of traffic we once knew.

"Granddaddy always give her head to go up the hill," Granddaughter offered, "she likes it better that way. It seems to bother her if she is held back, she is so anxious to come to the level place above."

Up the hill we came merrily, and soon by the grove depleted now of Pat's maples; past Christy's pond where generations of children from the farms about have skated. . . . In winter-comfort the farmsteads were settled into their surroundings prepared to bear in content such winds and snows as the season should bring. And now to point out changes the years had given, machines-cars, trucks, tractors and a great transport moved on the highway we neared.

"We're almost there," Mack said. "The several buildings, dwelling-house-store, garage, and all were moved from the site of years at the crossroads, aside and back in a feat of autumn-magic to allow for the required breadth of highway there."

"The corner looks different now," Granddaughter offered. "It will take us a while to get accustomed to the change."

SOME HAPPY ENDINGS

When a case of desertion comes up we try to do everything in our power to keep it out of court and get an amicable financial agreement between husband and wife.

There are many happy endings too. One couple got together after the husband had paid for his family's support for nearly 20 years.

Miss Phillips does not put all blame in family troubles on the deserting husband.

"Some husbands are just wonderful," she said. "They may not be able to get along with their wives but many have been contributing faithfully to their support for more than 20 years."

Up the hill we came merrily, and soon by the grove depleted now of Pat's maples; past Christy's pond where generations of children from the farms about have skated. In winter-comfort the farmsteads were settled into their surroundings prepared to bear in content such winds and snows as the season should bring. And now to point out changes the years had given, machines-cars, trucks, tractors and a great transport moved on the highway we neared.

"We're almost there," Mack said. "The several buildings, dwelling-house-store, garage, and all were moved from the site of years at the crossroads, aside and back in a feat of autumn-magic to allow for the required breadth of highway there."

"The corner looks different now," Granddaughter offered. "It will take us a while to get accustomed to the change."

Up the hill we came merrily, and soon by the grove depleted now of Pat's maples; past Christy's pond where generations of children from the farms about have skated. In winter-comfort the farmsteads were settled into their surroundings prepared to bear in content such winds and snows as the season should bring. And now to point out changes the years had given, machines-cars, trucks, tractors and a great transport moved on the highway we neared.

"We're almost there," Mack said. "The several buildings, dwelling-house-store, garage, and all were moved from the site of years at the crossroads, aside and back in a feat of autumn-magic to allow for the required breadth of highway there."

"The corner looks different now," Granddaughter offered. "It will take us a while to get accustomed to the change."

ANNE ADAMS PATTERNS

WEEK'S SEW-THRIFTY

One Yard of 36-inch for the small size. Little more for the other! As shown in diagram this apron is ONE piece plus ties and pockets. So thrifty and so easy, make several for yourself, some for gifts! Good for bazaars. Saves money, time and fabric!

Pattern 4718: Misses' Sizes small 14-16; medium 18-20. Small size takes one yard 36-inch fabric. This pattern easy to use, simple to sew is tested for fit. Has complete illustrated instructions.

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number. Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street, West, Toronto.

ONLY ONE YARD SMALL SIZE

FASHIONABLE WEDDING

LONDON (CP) — Carol Carr, step-daughter of Ontario agent-general James Armstrong, will be married Jan. 15 at fashionable St. Margaret's church, Westminster, to Frank Hooton, Winnipeg-born Rhodes scholar now with the Canadian external affairs department at Paris. The couple will live in Paris.

Cook's Corner

KIDNEY ROLLS
1 lb. kidney
Bread dressing
Bacon

Method: Use lamb, pork or beef kidney for this. Cut the kidneys into 2 inch pieces and remove all fat and the hard white portion. Wash, place in a pan and cover with water. Place a light-tinted cover on the pan and simmer until the kidney is tender. This will take about 30 minutes. Drain and cover each piece of kidney with bread dressing and wrap with a slice of bacon. Fasten with a toothpick and bake in a moderate oven (350 deg.) for 30 minutes or until the bacon is brown.

A Brief Mink Beauty
The overpowering is never as lovely as the understated. And this goes for furs as well as for so many other phases of fashion. There is delicate beauty about this comparatively brief capelet of soft-toned Cerulean mink, a charmer that frames the shoulders casually. Done in three tiers on self-colored crepe by a master designer, the capelet ties in front in a pretty slip-loop.

Flu Vaccine Combats The Influenza Virus

Unlike the common cold, which attacks persons individually, influenza usually flares up in epidemics like that of 1918-1919.

Whether the influenza viruses we know today caused that 1918 epidemic, we haven't determined. I am not predicting any epidemic, and I don't want to be an alarmist, but some influenza viruses are probably lurking in your community right now. They usually are, every winter.

If you live in a large city, there is little you can do to avoid exposure to flu virus. You probably come in contact with hundreds of persons each day, and many of these persons are spreading flu virus without even knowing they're sick.

Fortunately, a flu vaccine is available which offers excellent protection. It is composed of the various flu viruses. Given in a single injection, the vaccine begins to offer some protection after about five to seven days. It usually gives you resistance to the influenza virus for about two months, although some estimates place the protection period up to twelve months.

You may have unpleasant reactions to this vaccination, especially if you have an allergy.

Of course, should there be an epidemic caused by a strain of virus other than those contained in the vaccine, you could not expect to be immune. Most so-called epidemics, however, are caused by the well known A virus.

Once you have caught the flu, it will do you no good to take the vaccine. But there are certain things you can do to help yourself. Take a warm tub bath and go to bed and stay there.

Keep your bedroom warm (about 70 degrees) and keep the windows closed. You can put a hot water bag or an electric heating pad at your feet, if you desire. Remain in bed for at least 48 hours after your temperature has returned to normal.

Eat lightly and get plenty of liquids, about three to five pints a day. If you have chills, you can take hot malted milk, hot lemonade or some hot tea at frequent intervals.

Gargling with salt or mild alkaline solutions probably will relieve your sore throat.

Influenza attacks usually last about a week. If you've developed a secondary infection, it ordinarily occurs during the fourth or fifth day. That might mean pneumonia.

HISTORIC RELIO
Earliest recorded meteorite fell at Ensisheim, Germany, in 1492.