

Overweight Sisters Help Each Other To Exercise

By IDA JEAN KAIN
Overweight tends to run in families, which would seem to prove that fat is inherited. It is true that body build is inherited as well as a characteristic distribution of fat in certain places. But it's fattening food habits that are the cause of overweight. Studies have shown that overweight parents and their too chubby children all lose on reducing the same as do overweight members of normal weight families.

A request for help in reducing from two sisters is an example of how family food habits can effect weight. The younger sister writes: "I am a teenager, just five feet tall, and weigh 165 pounds. How often have I heard, 'Here comes fatty' I am never invited to dances or parties. I've just got to reduce. Won't you please help me?"

Her sister writes: "I am 5' 8" tall and I'm so overweight I have to wear size 32 dress. It's terrible to be fat when you're young. I'm so unhappy. Could you please tell me what I should weigh and suggest a diet for me?"

LUCKY ADVENTURE
Girls, if you have really made up your minds to reduce, you can make this an adventure that can prove to be the turning point in your young lives. It's not the amount of excess weight that's

important—it's your attitude and enthusiasm that counts.

To inspire you, here's an excerpt of a letter from a determined teenager who, faced with 100 pounds of overweight, is well on her way to victory. . . .

"I am 19 years old, and at the start of my diet was 100 pounds overweight. To date I have lost 60 pounds and know I will reach my goal. I don't want to be flabby so please send me your illustrated exercise leaflets to slim hips and stomach."

This spirited young lady is going to report to us when she achieves her goal.

Now to help the overweight sisters. Pin yourselves down to three adequate meals a day, starting with a good breakfast. To reduce calories, cut out all second helpings and rich desserts. The going will be tough the first week or two, but if you really want to be normal weight and happily, you'll muster the necessary will-power. Be sure to eat to reduce—don't be so foolish as to try faddy dieting. Also have a late afternoon pick-up to boost energy.

Girls, help each other. Go at this as a team. Exercise together. Take this as a challenge and turn it into an exciting adventure. Your effort brings renewed energy. We all wish you success.

LET'S EAT

"Personalizing" Makes Cake Mixes Different

By IDA BAILEY ALLEN
"Remember the grab-bags," I was saying to the Chef, "that used to be popular at church bazaars? You paid a nickel or dime, eagerly thrust in your hand and grabbed a mystery package you hoped would be of prize value."

"What started you off on mysteries at 9 a.m., Madame?" he chuckled.

"Another cake mix," I replied. "Whenever I grab one from the chain store display, I hope it will be outstandingly good."

AVERAGE TASTE
"To be outstanding is possible in only a few cases. Madame, for a cake mix must be manufactured to please the average taste. But the homemaker can often make it outstanding."

"I suggest baking half the mix as is, according to package directions. Then taste-test to get the flavor. To the second half of the mix, add whatever flavorings you like. In other words, personalize it."

We applied this technique.

The Chef first sifted the entire contents of the box of mix, then measured out, mixed and baked half.

It was good. But we decided on a few simple additions to the next baking.

Here's the delightful result.

Personalized Lemon Layer Cake: Make up 1 pkg. lemon white cake mix according to the directions.

Add 1 1/2 tsp. fine-grated lemon rind. Bake in two (8-in.) layer cake pans about 30 min. in a moderate oven, 375 degrees F.

Cool: Put together with 1/2 pkg. lemon pie filling made with half lemon juice in place of part of the water.

Top with lemon butter icing

made with fresh lemon juice. Tomorrow's Oven Dinner: Pickled Beet and Celery Saladettes; Sausage-Topped Veal Chops; Baked Sweet Potatoes; Cauliflower Casserole; Lemon Layer Cake; Coffee, tea or milk. All measurements are level. Recipes proportioned to serve 4 or 6.

Sausage - Topped Veal Chops: Brush 6 large veal chops, any cut, generously with lemon juice. Dust with seasoned salt. Brown on both sides in meat fat or peanut oil.

On top of each chop put a thin layer of sausage meat. Place the chops in a lightly oiled baking pan. Bake 30 min. in a moderate oven, 375 degrees F, or until the sausage meat is browned.

Baste twice with 1/4 c. hot water containing 1/2 tsp. lemon juice.

Sweet Potatoes: Scrub and bake in the same oven with the veal chops.

If the potatoes are large, cut lengthwise in halves or quarters, wrap in aluminum foil and rub with butter or margarine. Bake 30 min. in a moderate oven, 375 degrees F, or until tender.

Trick of the Chef: Season cauliflower with rosemary when cooking.

MARY HAWORTH

Pretty Girl Is Not Active

Dear Mary Haworth: I have an exceptionally attractive daughter, 12, whose social life is practically nil. What brings the problem to a head, and spurs me to get advice, is that our lively but plainer second daughter, 15, has blossomed suddenly into a belle.

As a child, Enid seemed to mingle successfully with her girl friends; then as boys and girls began to take an interest in each other, she seemed to freeze. I was sorry, but thought perhaps she would catch up in time. Now, since her sister's success, she is irritable, cries easily and won't say what's wrong, although I am sure it is Joyce's popularity. (They get along well with each other).

Enid will graduate soon from high school and plans to go to a co-ed college. She talks of joining a sorority, but I am afraid she is in for great disappointment, as I know that only socially self-assured girls are invited. She has intimated that her life will be different in college, that she will be in the midst of social goings-on there; but I can't see how, unless she changes a great deal meantime. Would a woman's college be more advisable?

DAD IS COOL

I've noticed when Enid and her sister want to do something that Enid isn't sure their father would approve, she tells Joyce to ask him. She seems to think he will okay it for Joyce, but not for her—and I think she is right. He is reserved (like Enid) but Joyce isn't held off. She jokes with him, confides in him, etc., and he loves it; whereas Enid is almost as stand-offish with him as she is with the male sex generally.

I've tried talking this over with him; but he doesn't seem concerned, nor particularly interested. Perhaps you can help me help this wonderful daughter, who is so sweet, generous and kind, and that I just hate to see her unhappy. My friends adore her and children love her. Am I worrying needlessly? I really hate to talk to her, lest I tear down the little self-esteem she has, if she feels I am disappointed in her.

K. Y.

Dear K. Y.: Here is your letter, cut to the bone. "Do children inherit their personalities?" you ask; then remark that Enid's father is "quiet, reserved, unemotional, and she is very like him." Also, his family are the same; and he has an unmarried sister, once very beautiful, who never was known to have a beau.

Well, yes, I believe authorities are fully agreed that individuals inherit a predisposition towards certain personality types. However, the bias of their emotional conditioning, through out

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8508

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HAPPENINGS

Captain W. F. Stott, 2nd Battalion, the Royal Canadian Regiment, London, Ontario, arrived Tuesday evening with the remains of the late Pte. J. I. Doucette, 2nd Battalion, the Royal Canadian Regiment. Private Doucette was formerly of Mayfield.

On Monday evening, January 21st, a bridge was held at the home of Mrs. George Reynolds, Cumberland Street, in aid of the Prince Edward Island chapter of the Multiple Sclerosis Society of Canada. The prizes were donated by Michael Bros. The first prize was won by Mrs. Murray Bell. The travelling and consolation prizes were won by Mrs. Ira Brown. A delicious lunch was served by Mrs. George Lea and Mrs. Lorne Jelley.

Mr. and Mrs. G. M. Avard entertained at a benefit supper Tuesday evening at their residence, Greenfield Avenue.

Mr. and Mrs. Earle C. Baker entertained at a supper party, Tuesday evening, at their residence, Spring Park Road.

Mr. and Mrs. E. K. MacNutt entertained Friday and Saturday at their residence, York Lane.

Mrs. A. C. Clark, Moncton, arrived in Charlottetown Tuesday evening. Mrs. Clark had been called to the city owing to the illness of her father, Mr. Frank N. McKee, Dorchester Street.

Mrs. George Hooper, Milton, has her daughter, Mrs. Everett MacFarlane and baby granddaughter Joan Aletha MacFarlane of Mont Joli, for a short visit.

Mrs. Homer Campbell, Mont Joli, and baby son Ian Douglas Campbell are visiting Mr. and Mrs. Douglas MacLaren of Montague for two weeks.

Miss Kaye Dutney, R.C.A.F.,

childhood, may make a great difference, for or against favorable development.

In Enid's experience, for example, a natural gentle diffidence may have been fretted, by exposure to her father's characteristic reserve (and seeming coldness) into unconscious angry conflict, as regards her desire or ability to evoke any male's interest, affection or preference — so that she automatically avoids "test situations" as too confusing and disturbing.

COOK'S CORNER

GUM DROP COOKIES
1/2 cup white sugar
1/2 cup shortening
1/2 cup brown sugar
1 egg
1 cup flour
1/2 tsp. salt
1/2 tsp. baking soda
1 tsp. vanilla
1 cup rolled oats
1/2 cup coconut
1/2 cup gum drops, add sugar.
Cream shortening, add sugar, and egg. Combine flour, salt and soda. Add flour, vanilla, rolled oats, coconut and gum drops. Drop by teaspoon on baking sheet, press with fork. Bake in moderate oven at 350 degrees.

HOUSEHOLD HINT
A small, soft brush is a bathroom helper for scrubbing the finger tips of gloves, cuff folds, blouse necklines, slip straps, bra closures and girdle edges. First, work soapsuds well into the fabric with the brush. Then launder the entire piece.

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● Sweaters with the Luxury Look at a Sensible price.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ont.

MOORE & McLEOD Limited

ELEANOR ROSS'

Corduroy Now Favored As Decorator's Choice

By ELEANOR ROSS
One fabric that has undergone many changes is corduroy. Not only has it been used for dressy clothes as well as fine sportswear, but it is now appearing as a home-furnishing fabric.

Some corduroys have a new softness; others have glaze finishes to give a stiff surface to prints and sculptured effects, and there are some extremely Color choice offers a wide range of handsome prints.

Corduroys are now processed to withstand wrinkles and spots and are sun - fast, shrink - proof, vat-dyed and abrasive-tested.

Many of them carry the label "machine washable" and, of course, all may be washed by hand. The new weaves—including many novelty weaves — are designed for longer wear.

Because of its durability, corduroy can now be used in lighter than - ever colors in clothes as well as bedspreads, dressing - table skirts and draperies; or as

lampshades and other decorator a bright color accent in pillows, lampshades, and other decorator touches.

EASY CARE
Because it is made of cotton, except for the occasional use of rayon for luster, caring for corduroy has none of the headaches that go with caring for the new synthetic blends. There is no melting, scratching or sparking—and no moth worries, either. But because there are different qualities and finishes used for different purposes, the smart homemaker will follow the instructions attached to the particular item to be laundered.

Many firms now carry special seals certifying washability by commercial laundries as well as by home washing machines. However, if the slip cover, drapery or garment has complicated tailoring, then dry - cleaning is recommended.

Here, briefly, are simple rules that should guarantee good results when washing your corduroy articles.

Use any mild soap and warm water. Squeeze suds through the fabric and rinse by pressing water through gently. Never twist corduroy or put it through a wringer because this tends to set deep creases into the pile.

FOLLOW INSTRUCTIONS
If the garment tag prescribes washing by machine, follow instructions implicitly. Generally, these instructions advise no

Mrs. Russel MacBeth and Mrs. Webb Nicholson. Next roll call will be answered by a quilt block (9x9) A white elephant sale will also be held.

Mrs. Frank Graham held the monthly penny sale, which was won by Miss Marjorie Clary. During the social hour at the close of the evening, the hostess served enjoyable refreshments. The meeting adjourned with the National Anthem.

ST. ANDREWS C.W.L.

The January meeting of the St. Andrews sub-division of the C.W.L. was held in the Parish hall on Jan. 20th. The President, Mrs. George MacCormack, called the meeting to order. The Director, Rev. George MacCormack opened the meeting with the League Prayer. The minutes of the last meeting were read and approved.

The treasurer, Mrs. Harold MacDonald gave her report. Mrs. John F. MacMillan reported for the card parties held in the different districts, while Mrs. Wilfred Afleck gave the report for those held in the Parish hall. A unit meeting was held in Mt. Stewart North at the home of Mrs. Mulen.

The ladies of Mt. Stewart south were asked to clean the church this month. Mrs. MacDonald volunteered to look after the cap-teen for the month of January. Many letters of thanks were read from the shut-ins who received gifts of chocolates during the Christmas season. It was moved and seconded that \$5 be sent to Miss Coady, Provincial Treasurer, for Hungarian relief.

It was moved and seconded that \$3 be sent to Mrs. Allan MacDonald for Father Dougan for the purchase of religious articles for the Navy personnel on board the Magnificent. A letter was read by the President re convenors and their work. A letter from Father Robin lay retreats is to be read and discussed at the Unit meetings. A President of Provincial Council, C.W.L. was read by the President. Father MacCormack spoke on Christ the King Cultural Foundation. The meeting closed with prayer.

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bleach, use of short cycle and removal of trimmings.
After it has been washed, hang corduroy with care to eliminate creasing and to restore the pile. When removing garment from water, straighten it out as though you were going to put it on or use it soaking wet. Turn up overall cuffs, reset collar, turn back cuffs etc.
Put the garments on clothes hangers as though you were going to replace them in the closet.
Hang jackets, shirts and dresses on hangers, skirts from the waistband and overalls at the leg bottoms. Then hang them in the shade to drip-dry. Hang draperies and spreads lengthwise, with the right side out.

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