Women's realm

Enjoy Making Appealing Meals For The Family, Says Food Expert

"If colors of foods go together, then the meal is nutritious," was the thumb-rule given in an interview by an internationally known home economist, Miss Sue Daye. The Boston-trained food expert is in Charlottetown to give a week's class in cooking at the Prince of Wales College auditorium before moving to Summerside and O'Leary to offer free classes there also.

Miss Daye has lectured from coast to coast in North America and Central America for the past 10 years. Previous to that, she broadcasted "Magic Kitchen of the Air" in the U. S. A. for 15 years, telling as she does now, how to have fun in the kitchen and how to put appeal and variety into the daily meals.

"I'm one of 16 lecturers with Homemakers' Service of New York City and we travel over the United States and Canada making life easier for housewives," said Miss Daye. "Cooking is fun, loads of fun, and you'll think so too when you visit the cooking classes! We can show you how to live within your budget by using cheaper cuts of meats, ground beef and frankfurters, tossed salads, turn out delicious cakes and puddings, all kinds of desserts and accomplish miracles in preparing foods at low cost."

Miss Daye's thumb-rule given above is a "sure thing—just try it", she said, "and we think you will find that when you get colors which don't go well, the meal is badly balanced."

Miss Daye who has been most recently lecturing in Saskatchewan and Ottawa, Ont., is familiar with the Maritimes having spent many summers at Downey River, N. S. visiting her aunt, the late Mrs. James A. Kenney.

On her first visit to the Island, she hopes to re-introduce spices to homemakers. "It is an old idea come back—even Shakespeare wrote about spices," she said, explaining that spices are an economical way of relieving monotony foods. She also hopes to encourage the use of Island fish, using such methods as baking fish with aluminum foil to prevent sticking and odors.

Keeping in with her theme of "fun in the Kitchen" Miss Daye passed on this recipe to the family, to be used for helping mother:

A LOVE CAKE FOR MOTHER

1 can of "Obedience"
7 pounds of Affection
1 pint of Neatness
1 can of Running Errands (Willing Brand)
1 box of powdered Get up when I should
1 bottle of Keep Sunny all day long
1 can of Thoughtfulness
Some holiday, birthday and everyday surprises

Method—Mix well, bake in a hearty warm oven and serve to mother every day. She ought to have it in big slices.

FINAL WORK

Mozart's opera "The Magic Flute" was composed and conducted by the great musician just before his death in 1791.

Cudmore-Stewart Wedding In Charlottetown

Mr. and Mrs. George Cudmore are pictured with their attendants following their wedding at Central Christian Church on September 16. Shown from left to right are Mr. Stuart MacKay, groomsman; Mr. and Mrs. Cudmore (the former Miss Joan Stewart); Miss Anita Cudmore, maid of honor; Mr. Charles Wise and Mr. David MacLeod, ushers.—**(Photo by Garnhum).**

Charlottetown Bridal Party

Mr. and Mrs. Kelsie L. Buchanan are shown above following their marriage at the Salvation Army Citadel with their attendants. Left to right are: Mr. Sterling MacLeod (usher); Mr. Kenneth MacKinnon (best man); Mr. and Mrs. Buchanan; Miss Kaye MacFadyen (maid of honor); Miss Audrey Dalziel (bridesmaid); Mr. Edward MacDougall (usher). The bride is the former Mary Elizabeth MacCallum.

ELLEN'S DIARY

By An Island Farmer's Wife

"Friday nights are good, aren't they?" a wee lad of the pair confides to his Grandfather as the three now climb the stairs to their rest. "So many nice things a fellow can do when he has no lessons to learn . . . What do you say to having a game of checkers tomorrow night? I guess you're fairly good at them, aren't you?"

"We'll see," James replies. And there is an animated scamper to see which of the two will be first in bed.

"Do you suppose, The Lord can make out the words of a prayer as hurried as that?" James soberly admonishes one who would be first.

"Oh yes, He can make out everything," the little lad explains. "Because hasn't He to know what tiny ones say—those just learning to talk?"

"That's so," James agrees. "All the same," he adds, "I think it would be . . . well, at least more polite, not to let your words run together like that."

• • •

It was crokinole the three played tonight with many an echo of laughter reaching up to this study of ours.

In the moonrise, the night is bright at the windows. Stars too, lend their beauty to the serenity of the outdoors . . . and now, we fancy in this the time of their retiring, from some "far ben" an angel comes to keep watch and ward about that bed where her two bairns sleep.

A calm autumn day this, quiet, serene—one which gave farm folks ideal weather in which to harvest potates, mangels, turnips or to rib with red furrows their fields of plowing. Quickly in this day of farming, even with a touch of magic are the sods turned, though more impersonally, we are sure, than once.

It was a day for this farmwife to spread pieces of a belated wash . . . and to greet journeying housewives whom fancy drew today to explore strange avenues of travel: Island highways and byways at a distance from their own picturesque community, finding new scenes to refresh and inspire.

Interesting ladies these were, doubtless drawn together by mutual interests and yet of varied personalities. . .

Here was the kind, motherly woman—one who with tender hands could hush a crying babe or would know exactly how to cope with any emergency; there was a merry-eyed lady, kindly too, a good companion, a laugh welling to her lips. Here was one different, gentle, reserved, sweet-faced as a summer-flower, quiet-spoken, there a discerning, capable woman attractive too and . . . but dear, dear how our pen runs given good subjects!

"And I suppose, Ellen, you told them I was quite well!" James commented later "when all the time I have an ache in this knee and a queerness in this arm."

Our helper laughed, he who had been matching all day not we suspected without some labor, James' efforts at the harvesting of mangels.

"So long as you haven't an ache in your heart, James," he offered, "you have a good chance of recovery. What's a bit of reheumatism to that!"

And October picks up now her gowns—the colorful scarlets and golds, the sober browns to go down presently an old old trail.

Until tomorrow - - - - Diary - - - - Good-night . . . . .

Morning Smile

Sergeant: "When I say 'Fire,' I want all of you to fire at will."

Just then a recruit leaped to his feet and disappeared like a scared rabbit.

Sergeant: "What was that?"

Another recruit: "That was Will."

Better English

By D. C. Williams

1. What is wrong with this sentence? Acoustics are a branch of physics that I would like to study."
2. What is the correct pronunciation of "indict"?
3. Which one of these words is misspelled? Coifure complexion colleague collaborate.
4. What does the word "paramount" mean?
5. What is a word beginning with ge that means "liberal"?

ANSWERS

1. Say, "Acoustics is a branch of physics that I should like to study." 2. Pronounce as though spelled indite, accent second syllable. 3. Coiffure. 4. Superior to all others; supremely controlling. "The influence of Napoleon became paramount." 5. Generous.

How Can I ! ! !

By Anne Ashley

Q. How can I clean artificial or "simulated" leather?

A. Wipe with a damp sponge or with a sponge wrung out of mild suds. Rinse with a sponge wrung out of clear water. Wipe dry.

Q. How can I clean the glass on pictures?

A. Wash with water to which a little vnlegar or ammonia has been added, using a sponge chamois or soft cloth well wrung out. Polish with a dry soft cloth.

Q. How can I remove rust stains from white materials?

A. Spread the stain over a pan of boiling water and then squeeze lemon juice on it. After a few minutes rinse; then repeat the process. This method is slow but does not harm delicate white cottons or linens.

UNSURPASSED for flavour!
KING COLE TEA
43-53

DOROTHY DIX'S COLUMN—

COMMUNITY LIFE

Housewife Wishes For More Friendly Neighbors Who Mind Own Business

DEAR MISS DIX: Why don't more people live by the practice of minding their own business? I frequently encounter the attitude that if one person doesn't do things exactly the way her neighbors do, she's an outcast. Not that I think I'm perfect, but I do conduct myself in the way that I think makes for good neighbors. I mind my own business, am on hand to help anyone who needs me, don't give advice on how to run personal affairs, nor do I run to the folks next door with tales of everything that goes wrong in my own home. I'm friendly with those around me, visit them on occasion, but don't make a practice of running in and out all the time holding up their work and neglecting my own. Ours would be a pleasant block if a few people on it acted likewise.

DORCAS E.

Muriel Nissen

ANSWER: Since I live in a community singularly free of the neighborhood wranglers that beset so many of my readers, this is a problem which does not bother me—for which I am eternally grateful. Since it is so much more pleasant to live with graciousness than to exist with strife, I shall never know why so many people prefer the latter. We all need friends and none are more welcome than those who live close enough to be called upon in an emergency, or even in moments of mental depression. The cheerful response of a neighbor at a time of need is one of the blessings God has given us. Those who have never taken the trouble to earn it or—much worse—have actually repulsed it, are sorry losers.

ESTABLISHING NEIGHBORLY RELATIONS

When a family buys a house, the fact should be apparent that the home will be occupied by them for many years, that the neighbors are the background of their future living, and that establishing neighbor-

Continued on page 13

Modern Etiquette

By Roberta Lee

Q. Is it all right for a woman who is eating alone in a restaurant to place her purse and gloves on the corner of the table?

A. No; she should place them in her lap.

Q. If there is no reason, financially or otherwise, for postponing a marriage, what is the usual maximum length of an engagement?

A. Six months.

Q. Is it proper for a woman house guest to offer to help her hostess with her household chores?

A. It is quite proper for her to make the offer, but not to insist upon it if her hostess seems firmly against it. The guest can show greatest consideration by keeping her own room clean and orderly.

Household Scrapbook

By Roberta Lee

Glassware

To mend broken glassware, make a cement by dissolving white shellac in enough alcohol to make a mixture of the consistency of molasses. Have the edges of the pieces clean and dry before applying the cement, press firmly together for several minutes before setting away to dry. This cement will resist ordinary wear, but keep it out of hot water.

Grease Spots

Grease spots can be removed from washable. cotton fabrics by rubbing with glycerine and washing with soap and warm water. For non-washable cottons, sponge with chloroform.

Leather Books

Leather book bindings can be cleaned and freshened by application of equal parts of milk and white of egg, beaten together. Rub on gently with soft flannel and polish with an old silk handkerchief.

That Body Of Yours

By James W. Barton, M.D.

CURBING THE APPETITE TO REDUCE WEIGHT

In trying to reduce weight in an overweight, the most successful method is the use of a prescribed reducing diet of about 1,200 calories daily. By using this diet in patients who required 1,500 to 1,800 calories daily, these patients gave up 300 to 600 calories daily for the food needs of their body. One of the ways of helping the overweight with a big appetite is the use of drugs to reduce appetite so that the overweight is not tempted to eat more than the 1,200 calorie daily diet. Of course, if he or she feels weak by use of this submaintenance diet, he is advised to eat one or two lumps of sugar or a piece of candy to keep up strength until the next meal.

In the book Endocrine Treatmet in General Practice, written by a group of nutritionists and gland specialists (endocrinologists), edited by Max A. and Joseph W. Goldziehser, it is stated that enforcement of strict cooperation is essential. Patients can be helped to control the appetite by frequent meals, preferably five times a day. Five meals can be arranged by a snack between breakfast and lunch and a snack between lunch and dinner.

When it is necessary to curb the appetite in addition to these snacks midmorning and midafternoon, the use of the drug amphetamine and amphetamine preparations (Benzedrine sulfate, Dexedrine) is usually effective. "Benzedrine is used in doses of 5 to 10 mg. two or three times a day: morning, noon and early afternoon." As these appetite-curbing drugs may cause sleeplessness, the use of phenobarbital in doses of ¼ to ½ grain is usually prescribed. This method of reducing weight by curbing the appetite is the same method as that of treating alcoholism, 5 to 10 mg. of the drug after breakfast and after lunch, and the use of phenobarbital at bedtime to ensure a restful sleep after the physical and mental boost given by amphetamine during the day.

Just as some cannot curb their appetite for food, other overweights cannot curb their thirst. Two simple methods are suggested for cutting down on liquids (which maintain and increase weight); (1) adding a little lemon juice to the water, and (2) using a small glass (jigger-one ounce) instead of the usual-sized glass.

I sometimes think we write too much and too often about the reducinng diet, although it is the best and safest method of reducing weight, when physicians could help these overweights to curb their appetite. As mentioned before very often, "You can't get fat on food you do not eat."

Cook's Corner

ROLLS

½ cup lard
½ cup boiling water
½ cup cold water
1 egg
1 yeast cake dissolved in ¼ cup of luke warm water
1 teaspoon salt
Flour to thicken.
Let dough rise and bake.

—Mrs. Preston Rackham, Wheatley River W. I.

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