CECILE HAMEL, home economist for Robin Hood Flour Mills Limited, shows how yeast doughs rise in the refrigerators with the new revolutionary method just introduced by the Company.

New Bread Baking Method A Boon For Busy Women

An exciting announcement was made this week in Montreal by Vivian Merrill and Cecile Hamel, home economists with Robin Hood Flour Mills Limited, to food editors concerning a new method of baking bread, called Cool Rise. This revolutionary method employs the use of a refrigerator instead of a warm place to let yeast doughs rise. It was discovered and developed in the test kitchens of the company and after much research and testing is now ready for general use by Canadian homemakers. A one time six hour chore over a hot stove has now become a simple one hour effort - quick, easy and convenient for these busy times.

The new method was first developed as a way to teach bread baking in schools within the 50 minute class period. However, the results proved so spectacular, and the method so efficient that it seemed the answer to the time problem of preparing bread in the home. It will now be possible for thousands of busy homemakers and working wives to provide their families with delicious home baked breads previously too time-consuming to prepare.

The secret of the method is controlled rising in the refrigerator rather than several rising periods in a warm, draft - free place. This new rising does away with the troublesome watching and waiting and makes it possible to complete preparation of dough in one operation requiring less than an hour. The panned loaves are then refrigerated for two hours (minimum) or up to 24 hours - during which time they need no further attention. Whenever freshly baked bread is desired, a loaf may be taken from the refrigerator and baked immediately.

The two home economists demonstrated the complete preparation of the basic white bread by the new method and explained several differences such as eliminating the scalding of milk, and adding an important beting step to make mixing easy and stimulate the formation of gluten. (Gluten is the elasticlike substance which forms the supporting framework of a loaf of bread.

Food editors were assured that this method may be used to prepare almost any basic type of bread or rolls. Various flours may be used in place of the white flour and other ingredients (fruit, nuts, cheeses, and herbs) may be added to the dough for variety. A number of different breads and rolls prepared by the new method were displayed.

Cool Rise WHITE BREAD
(3 or 4 loaves)

IMPORTANT: work area should be warm - at least 75 degrees F.
1 tbsp. sugar
¾ cup warm water (105 - 115 degrees F)
3 pkgs. active dry yeast
11½ - 13 cups flour (regular or instant blending)
3½ cups warm milk (105 - 115 degrees F.)
¼ cup sugar
2 tbsp. salt
6 tbsp. shortening or margarine
Cooking oil

METHOD: Dissolve 1 tbsp. sugar into warm water in a large warm bowl. Sprinkle yeast into the water mixture and let stand 10 mins Stir well. Spoon or pour flour into dry measuring cup, level off and pour measured flour on to wax paper. Add (stir in) warm milk, sugar, salt and shortening to dissolved yeast; 4 cups of flour and beat the mixture with a rotary beater until smooth (about 1 minute). Add 2 cups flour, and beat VIGOROUSLY with wooden spoon until smooth and elastic (150 strokes). Scrape sides of bowl occasionally. Stir in 5½ to 7 cups of remaining flour gradually. Use enough flour to make a soft dough which leaves sides of bowl, adding more if necessary. Turn out onto floured board and round up into a ball. Knead 5 to 10 minutes or until dough becomes smooth, elastic and no longer sticky. Cover with plastic wrap, then a towel and let rest for 20 mins. on board. Punch down and divide dough into 3 or 4 equal portions.

Shape each portion into a loaf using the "rolled dough" method. Place in 3 greased 9¼ x 4½ x 2¾-inch bread pans or 4 greased 8½ x 4½ x 2 5-8 - inch bread Correct size is important for best results. Brush surface of dough with oil and cover pan loosely with oiled wax paper, then plastic wrap. Place pans of dough in refrigerator at moderately cold setting. Refrigerate 2 to 24 hours. Remove from refrigerator when desired Uncover and let stand for 10 minutes at room temperature while preheating oven Puncture any surface bubbles which may have formed on dough during refrigeration, using a greased toothpick or metal skewer. Bake at 400 degrees F. for 30-40 minutes or until done. Bake on a lower rack position for best results. Remove from pans immediately, and brush top crust with butter if desired. Cool on racks.

BEGINNERS' JOY

SPIN A TOP— spin five tops with skirts, slacks, shorts, jumpers all spring and summer. Beginner- easy to sew in low- cost cottons. Very thrifty.

Printed Pattern 4657: Misses' Sizes 10, 12, 14, 16, 18, 20. Size 16 takes 1⅞ yards 35-inch fabric.

FIFTY CENTS (50 cents) in (no stamps please) for each pattern. Ontario residents add 2c sales tax. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER

Send order to ANNE ADAMS, care of Guardian-Patriot Pattern Dept., 60 Front St. W., Toronto Ontario.

COME ALIVE FOR SPRING! Send for our new Spring-Summer Pattern Catalog. 125 top shapes for sun, fun, dancing, dining, everyday! One free pattern—clup coupon in Catalog. Send 50c.

DELIGHT MOM, DAD

Start now to embroider this colorful sampler, with its vital data of baby.

A rose is a bed for baby! Done in easiest embroidery stitches. A lifetime gift! Pattern 7286: transfer 12 x 16 ins; color schemes.

THIRTY-FIVE CENTS (coins) for each pattern (no stamps please) to Alice Brooks, care of Guardian - Patriot Needlecraft Dept., 60 Front St. W. Toronto 1, Ont. Ontario residents add one cent sales tax. Print plainly pattern number, name, address.

GIANT 19666 Needlecraft Catalog stars knit, crochet— many more needlecraft designs. 3 free patterns printed in catalog. Send 25 cents.

NEW! 12 Collectors' Quilt patterns for you in color, with quilting motifs. Finest pattern ever collected from famous museums. Send 60 cents for new Museum Quilt Book No. 1 — sixteen complete patterns. 60c.

Norboro Institute Completes Quilt

Mrs. A.M. Webster was hostess to eight members of the Norboro Women's Institute at the March meeting when roll call was answered with "a verse from an old autograph album". The president, Mrs. Elmer Stewart, opened the meeting.

A letter from the Red Cross was read, and finished articles of sewing and knitting were turned into the Red Cross convener, Mrs. A.M. Webster. A finished quilt was also passed in, and aprons made by the members were on display. The secretary, Harriet Glover, read a paper on education, from the convener, Mrs. Frank Ross.

Refreshments were served by the hostess, assisted by Mrs. Harland Day and Mrs. Lonnie Webster. Next meeting will be at the home of the president, Mrs. Elmer Stewart.

SEEK SPECIALISTS

MOSCOW (AP) — Soviet Health Minister Boris Petrovsky said Thursday the country needs more medical specialists. He said the complexity of medicine today makes it difficult for general practitioners to keep up with discoveries in specialized fields. "Besides that we need many surgeons, gynecologists, pediatricians, eye and other specialists."

ELLEN'S DIARY

The Stars Are Back Now To Accompany The Moon

This is the night after the night of the storm. The drifts of new fallen snow have settled. The stars agains shine. "It was not so much of a storm after all" one said of it. "Just mean to be out in, because of the poor visibility, and the - in places, drifted roads."

"Yours was a saving light" a benighted traveller grinned happily this morning." When my machine nosed into a drift up there past the hilltop, and refused to clear herself, it was surely good to see it!" "Back in the years before cars, we some times kept a light burning later than we otherwise would have, on a stormy night" we said. "But now with lights all over to go by we don't seem to think of this so much. Though winter-through, we are usually late in retiring."

And James recalled that in years long gone, a light burned in a window of his mother's girlhood home to be a beacon for night - travellers, who came and went from this Island to an islet cradled off in the Strait. . . Home to several families the latter was in those days, but it is deserted now, and we suspect quite forlorn with much interesting history lost in its fields and in the buildings, we are told, that have pretty much fallen to decay. In summer, we remember now, it is an emerald gem, lying off in a sunny haze from the Mainland. Communication back in those years was by boat, or at low tide by carriage or on horseback, or on foot in summer, and by sleigh across the winter's ice. Now, we think, few remain to tell of life on that islet then.

"Many a trip the Doctor made there" James recalled. "No thought of the hardship - it was all in a day's work in those days." "Now he could go and come by helicopter" one of the children commented. "Or by a ferry, perhaps" another, who much enjoys the connecting trip at Borden with the Mainland, said. So one came in out of last night's sudden storm to Alderlea, brought by a late light, to "name the bedpost" and await, more or less comfortably till morning's light to take him on his way.

The beat of the snowplow was welcome in more places than one. Lads got away to meet scheduled hockey games, folks to work, and to stores to bring in supplies for the weekend.

Now the stars are back to keep company with the growing moon. Hills and fields are charmingly re-spread. "There's not much frost tonight - a little only" James reports come in from a round at the stables. The fire sings. Some young folks - Alex, recovered from his week-long misery among them - visit with us. Soon they will go toward the lights that mean Home. . .There are, we remember, now at weekend, more lights than those beacons which beam from loved windows. One reminds us of this one:

"There is a light beyond the light,
That shines in human eyes;
'Tis not the light of moon or stars,
Or of the bright sunrise.
It is the lovelight in your heart,
And if you're filled with grace,
This perfect light of perfect love,
Will shine out in your face."

Until Monday . . .Diary . . Good-night. . .

Women

Day Of Prayer Services Marked By P.E.I. Women

BREADALBANE

The World Day of Prayer was held in the Breadalbane Christian Church on Friday, February 25. The program for this year was prepared by the Scottish Committee for the World Day of Prayer and the World Theme was "Ye are My Witnesses."

Mrs. Cuyler Matheson, representing the Christian Church, opened the meeting with the "call to worship." She was assisted, in conducting the service by Mrs. Ivan Kennedy, representing the Presbyterian Church and Mrs. Millage MacLeod, representing the United Church. Mrs. James Craig read from the sixth chapter of Isaiah and Mrs. Allan Hickox from the 43rd chapter of Isaiah. Prayers were offered by Mrs. Sterling Campbell, Mrs. Angus Gillis, Mrs. Fred Thomas and Mrs. Kenneth Graham. Mrs. James Snow was the organist for the hymns: "All People that on Earth do Dwell", "Come, let us to the Lord our God", "Jesus Calls us o'er the Tumult", "Lord of Light" "Ye Servants of God your Master Proclaim," "The Day Thou Gavest", also a duet "Use Your Hands for Jesus" by Wendy Ripley and Marlene Snowie.

Mrs. Merle Zimmerman brought a message on the subject "Ye are my Witnesses." Mrs. John Hickox took up the offering which will be forwarded to the Women's Inter- Church Council of Canada.

ST. PETER'S BAY

A inspiring meditation on the theme "Ye Are My Witnesses" was given by Mrs. Don Anderson at the World Day of Prayer service held at St. Peter's Bay United Church on Friday evening.

The service was led by Mrs. Colin Jackson and was for the combined charges of Mt. Stewart, Morell and St. Peter's Bay.

Prayer leaders were Mrs. Richard Hayden, Mrs. Preston MacEwen, Mrs. George Whiteway and Mrs. Harry Rattray, with prayers by Mrs. Nelson Squares, Mrs. Watson Partridge Mrs. Roddy Pratt and Mrs. Leith Sanderson. Scripture reading from the book of Isaiah was read by Mrs. Ed Quigley.

A duet, "The Old Rugged Cross" was rendered by Mrs. Harry Rattray and Mrs. Don Anderson. The music was directed by Mrs. K.E. MacCallum. The offering was received by Mrs. Jack MacCallum and Mrs. Shirley Sutherland.

At the close of the service, refreshments were served by the St. Peter's Bay UCW.

BALTIC

The World Day of Prayer service was conducted in the Memorial Room of Princetown United Church, Malpeque on Friday evening, using the World theme, "Ye Are My Witnesses"

The leader was Mrs. Wallace Adams of Darnley. The hymns were "All People That on Earth do Dwell", "Jesus Calls us O'er the Tumult", "Lord of Light" and "Ye Servants of God, Your Mastsr "proclaim" The Day Thou Gavest."

Those taking part in Scripture readings and prayers were Mrs. Eddy Murphy, Mrs. William Simmons, Mrs. William Mills, Mrs. Wallace Pickering, Mrs. Sidney McGougan, Mrs. James M. Ramsay and Mrs. W. Crozier. The offering was received by Mrs. Horace Stewart and Mrs. Lorne Ramsay was the pianist.

NEW LONDON

"Ye Are My Witnesses" was the World theme used this year at the World Day of Prayer service held at the New London United Church on Friday, February 25, 1966. Also attending were women of the Stanley Bridge United Church and St. John's Presbyterian Church.

The service this year was prepared by the "Scottish Committee for the World Day of Prayer".

Mrs. Lewis Campbell, UCW, president of the New London United Church led the service which opened with the call to worship followed by the hymn "All People that on Earth do Dwell". Organist for the service was Mrs. Ray MacLeod.

A trio, Verna Lynn Montgomery, Joyce Burgoyne and Patricia MacGregor sang "My Lord and I" accompanied by Mrs. Louis MacLeod.

The meditation taken from Isaiah 43:10 was given by Mrs. James M. Campbell.

Mrs. Eric MacEwen represented the Stanley Bridge UCW, and Mrs. George P. MacLeod represented St. John's Presbyterian WMS. The offering was received by Mrs. Sutherland Montgomery and Mrs. Weirum MacKay, and was dedicated by Mrs. Eric MacEwen Prayers were offered by Mrs. Don MacEwen, Mrs. Roy Brown, Mrs. Oliver Bernard, Mrs. Stanley Brown and Mrs. Armel MacKinnon. Prayers were offered for the Women of Africa, Asia, Europe, British Isles and Latin American by the leader of "Intercession", Mrs. George P. MacLeod.

HOUSEHOLD HINTS

Always "grease" the threads of wood screws with soap before using. They go in ten times more easily.

Buy a one or two- cup drip-type coffee pot and use for bacon drippings. The drip part catches the junk and the clear fat goes into the bottom. To use, pour from the spout.

Coat snow shovels with wax or paraffin and the snow slides off like magic.

BACK BILINGUALISM

OTTAWA (CP) The Professional Institute of the Public Service of Canada will ask the government to recognize bilingualism as a qualification for certain federal jobs. The decision came at the 9,000-member institute's annual meeting Friday. There was uncertainty whether the motion carried unanimously or 67 to 1. Nearly one-third of the group abstained.

LUMBAGO
BACK-ACHE • LAME BACK
When your back is stiff and painful so it is hard for you to stoop or bend, take the remedy that has brought relief to thousands—TEMPLETON'S T-R-C's. Don't suffer a day longer than you have to. Get T-R-C's today. Only 85c and $1.65 at drug counters everywhere.
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163-8

HONG KONG HAT

Princess Margaret of Britain wears the latest millinery fashion on her arrival in Hong Kong from London recently. The Princess and her husband are in Hong Kong to open a drive to sell more British goods. (AP Wirephoto by cable from London.)

MARY HAWORTH

Wife Against Man's Dates With Former Co-Worker

DEAR MARY HAWORTH: I would like your answer to a simple question concerning American social etiquette.

Is it proper for a married man to have lunch with a married woman, a former co-worker, each time she telephones and suggests it? And if he lunches with her at her suggestion, is he obliged to pay for her lunch?

In the case that prompts my inquiry, Mrs. X finds certain pretexts for calling Mr. Y on an average of once a week. After some conversation she says, "Why don't we have lunch together to discuss this further? That is, whatever subject she has introduced.

So far Mr. Y has lunched with Mrs. X three times, always paying for her meals. And she is still calling.

As it happens, Mr. Y's wife feels he has no business lunching alone with Mrs. X. She feels that if Mrs. X has something to discuss with Mr. Y, of interest to him or his family, she should either talk with him by telephone or arrange a two-family get-together. Or something, What do you think? Sincerely, Z. Y.

Dear Z. Y.: Taking your report at face value, the fair-minded bystander is bound to conclude that Mrs. X is chasing Mr Y. with flirtatious intent, or worse.

In which case, if Mr. Y is sensibly disposed to preserve his marriage, his good name and his wife's proud trust in his integrity, he ought to ring down the curtain on Mrs. X's skirmishing, before it becomes a mutually binding habit and a local scandal.

It is possible, indeed, that sooner or later Mr. Y may find himself dealing with an outraged and accusatory Mr. X, if he continues to dance to Mrs. X's tune of "let's lunch together" every week.

Certainly it's true that if Mrs. X has platonic material to discuss, serially, with Mr. Y, she should consult with him either by phone or at his office by appointment, during work hours. Or at his house or hers, during a two - family get-together, assuming the two couples are friends, ostensibly.

You may be sure, however, that Mr. Y is giving aid and encouragement to Mrs. X's wooing of him, to date. If he wasn't gratified by her calls, and by the luncheon tete-a-tetes, he would cut her off, without anybody's promoting.

As to whether he's obliged to pay for her lunch in the circumstances, the answer is, of course not. It would be correct for her to take care of the bill, inasmuch as she proposes the luncheon meeting, though I daresay he might find it embarrassing to settle for that.

If you are Mrs. Y, as I construe, it is probably your cue at this stage of Mrs. X's game, to call her hand or block her ploy, one way or another. Stop beating around the bush, concerning refinements of etiquette, and let her know, straight out, loud and clear, that you object to her pursuit of your fella. M. H.

DEAR MARY HAWORTH: So many of us to go through life without voicing convictions that we deeply feel but never reveal. I want to overcome this failure on my part and say "Thank you".

Thank you for the straightforward answers in your daily column, to people in need. Thank you also for your unhesitating affirmation of faith in God. May he bless you in your chosen field of work. Sincerely Rev. C.C.

DEAR REV. C. C.: Congratulations on translating your good resolution into action; and thanks very much for the kind message to me. I think we all tend to let slide until manana (the morrow that never comes) the firm amendment of our faults of omission. May your good example challenge others to wake up and do better. M.H.

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

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PLAYS LEAD IN IRISH SHOW

St. Patrick's Day is just around the corner and so is the annual St. Patrick's Play "Norah's Folly" presented by The Benevolent Irish Society.

This year's show has hundreds of laughs and is certain to delight the large audiences at Birchwood High School auditorium Wednesday and Thursday March 16 and 17.

Playing the lead role of Norah is Corena Steele who always has given top performances in local theatre circles.

Tickets are now on sale at Stead's Pharmacy, Hughes Drug Co., Medical Pharmacy and Archer and MacDonald.

Don't be disappointed. Get yours at once.

DRUG STORE OPEN THIS WEEKEND
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HAPPENINGS

Audrey Jenkins, Women's Editor, Phone 4-8506

Peggy Scannell, daughter of Dr. Gordon and Mrs. Scannell of Jamaica Plains, Mass., who is attending Dalhousie University in Halifax, N.S., was a recent visitor to Georgetown, where she attended the Clory-Llewellyn wedding.

Leona Fanning of Pictou, N.S., is visiting in Georgetown as the guest of her sister, Mrs. William Clory and Mr. Clory.

Billy McEwen has returned to his home in Rollo Bay after being employed at Lynn Lake, Manitoba, for the past several months.

A bingo sponsored by Mrs. F. J. Deagle and Mrs. James Kickham was held in the Souris West school recently. There was a good attendance and despite the severe storm which shortened the game somewhat, a substantial sum was realized. The lottery was won by Mrs. F.J. Deagle.

Mr. and Mrs. Earle Hogg, Wilmot, accompanied by their daughter, Mrs. Garth McFarlane of Saint John, N.B., and Mr. and Mrs. Keath Caseley, Kensington, were visitors to Baltic recently.

Mr. and Mrs. E. Tengbert-Hansen and daughter Lisa returned recently from a motor trip to Halifax, N.S.

Mrs. Mabel Hearn of Halifax, N.S., recently visited Georgetown where she was the guest of her daughters, Mrs. George Mair and Mrs. Hibbett Jenkins.

Mrs. George Cotton returned recently to her home at Kensington after visiting her son-in- law and daughter, Mr. and Mrs. Robert E. Wilhite at Blytheville, Arkansas, also her nephew, Rev. Elmer Cotton and sisters-in-law, Irene Cotton and Mrs. John Cotton at Cambourne, Ont. Her sister, Mrs. James Rogers of Maple Grove, N.B., accompanied Mrs. Cotton home, and is her guest. Mrs. Rogers is recovering from injuries received when a bus in which she was a passenger overturned. She was with her daughter, Mrs. R. Dennis at Barrie, Ont., at the time of the accident and the latter is a patient in a Toronto hospital.

Charles Mair, of the staff of Gulf Garden Foods Ltd., motored to Georgetown over the week-end from Halifax, N.S., where he is taking a course in sanitation. He returned to Halifax early in the week after visiting his parents, Mr. and Mrs. George Mair.

Calling All Home Makers

THE IMPORTANCE OF DECORATIVE ACCESSORIES

RAY STEWART
of Crockett & Storey

Ray Stewart

The right decorative accessories have become important in giving your home that certain "decorator touch."

While mirrors and pictures are still good stand-bys, the last few years have seen a whole new world of varied accessories really come into their own, and the selection is practically limitless.

But, all accessories must be very carefully and tastefully selected to accent and carry out the general theme and scheme of the rest of your furnishings. And here's one more note of caution: Accesories shold be used with restraint and shold not give a cluttered look.

However, every home needs some decorative accessories and a tremendous variety of both the usual and the unusual are now available to use with every decor and period from Modern to Traditional, and we invite you to come in and let us show you different decorative items and ideas.

Call in today and have a talk with our decorators here at Crockett & Storey, 134 Kent St., they are at your service without cost or obligation. Open Fridays until 9 p.m.

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EDUCATION WEEK PROGRAMMES

CFCY Charlottetown March 6-13, 1966

THEME

EDUCATION—Changing Education for Changing Times

TELEVISION

TUESDAY, MARCH 8th — 6 p.m. - 6:30 p.m.
Introduction to Education Week
Honourable Dr. L. G. Dewar, Minister of Education
Topic — "The Art's in Education".
Mr. Malcolm MacKenzie, Deputy Minister of Education
Mrs. Doris MacKay, Art Supervisor of Charlottetown Schools
Mr. Christopher Gledhill, Director of School Music
Mr. Ronald E. Irving, Director of Dramatic Arts
Sponsored by the Department of Education

TUESDAY, MARCH 8th. — 2:30 p.m - 3:00 p.m.
Today at Home
Margaret Anne Warren, Saint Dunstan's University
David Raynor, Prince of Wales College
Topic — "Curriculum — What Students Want".
Interviewed by Mrs. Helen Herring.

THURSDAY, MARCH 10th. — 2:30 - 3:00 p.m.
Today at Home
Mr. J. H. MacLellan, Principal, Provincial Vocational Institute
Topic — "Education for Living."
Interviewed by Mrs. Helen Herring.

FRIDAY, MARCH 11th. — 7:30 p.m. - 8:00 p.m.
Mr. Reginald MacDonald, Superintendent of Schools
Mr. Charles Campbell, Principal, Morell Regional High
Topic — "Consolidation of Elementary Schools"
Interviewed by Mr. Hartwell Daley

TUESDAY, MARCH 15th. — 6:15 p.m. - 6:30 p.m.
Topic — "Streaming"
Thomas Hall, Principal, Athena Regional High
Cameron MacDonald, Principal, Prince County Vocational. Interviewed by Wilson Ross, Superintendent of High Schools

RADIO

MONDAY, MARCH 7th — 10:05 a.m. - 10:10 a.m.
Mrs. David Mutch, Chairman, Education Week Committee

MONDAY, MARCH 7th — 11:05 a.m. - 11:15 a.m.
J. Weeks Murphy, President, P. E. I. Teachers Federation

TUESDAY, MARCH 8th — 6:45 p.m. - 6:50 p.m.
Ronald E. Irving, Director of Dramatic Arts

WEDNESDAY, MARCH 9th — 10:05 a.m. - 10:10 a.m.
Christopher Gledhill, Director of School Music

THURSDAY, MARCH 10th. — 6:45 p.m. - 6:50 p.m.
M. Williamson, Director of Confederation Centre Art Gallery

FRIDAY, MARCH 11th — 10:05 a.m. - 10:10 a.m.
Mr. Irving introduces a segment of an address by Prof. John R. Watts

SATURDAY, MARCH 12th — 6:45 p.m. - 6:50 p.m.
Edgar MacCallum, Director of Adult Education and Audio Visual Aids