

LET'S EAT

Include Cereals In Diet

By Ida Bailey Allen

Cereals are not being used as much as their nutrients warrant, because many persons are afraid of becoming overweight.

Cereals are classified as carbohydrate foods because starch is a predominant element. This is fortunate, for carbohydrates supply the fuel needs of the body which must be satisfied first. Unless enough fuel is supplied in the form of carbohydrate or fat, protein will be used for heat and energy purposes, instead of growth and cellular repair.

HEADING THE LIST

All cereals contain protein in varying amounts. Oatmeal and rolled oats head the list. Then, in sequence of protein content, come wheat and wheat cereals of various kinds; scotch and pearled barley; corn-meal, hominy and cornflakes; rice and rice cereals.

The protein in cereals is called secondary, but it goes into full action in the body as a complete protein when combined with an animal protein, such as milk.

Whole grain cereals contain vitamins and minerals; if these are removed by processing, most cereals are restored or converted with standard percentages of thiamin, niacin and iron which are printed on package labels.

TOMMOROW'S DINNER

Tomato Cream Soup
Pork-Green Pepper Rechauffee
Browned Cornmeal Slices
Quick Cabbage
Buttered Applesauce
Ginger Snaps
Coffee Tea Milk

Pork-Green Pepper Rechauffee: Melt 3 tbs. butter. Add 2 sliced pared onions; cook until yellowed, about 2 min. Add 2 tbs. flour. Cook and stir until browned.

Gradually stir in 1/2 pt. boiling water. Add 2 beef bouillon cubes, 1/2 t monosodium glutamate, 3 minced cored and seeded green peppers and 2 to 4 c. cubettes cold roast pork. Simmer 15 min.

Serve spooned over fried cornmeal slices.

Browned Cornmeal Slices: Prepare 1 recipe cornmeal mush according to directions on the pkg. Rinse a deep loaf pan, about 10 inches by 4 inches with cold water; pour in the mush. Cover. Cool and refrigerate several hours.

To fry, unroll and cut in 1/2 inch slices. Dip in fine, dry bread crumbs, then in a slightly beaten egg mixed with 1/4 c. milk. Coat at once with crumbs.

Pan-fry until well-browned on each side.

TRICK OF THE CHEF

For nutty flavor add 1-3 part wheat germ to 2-3 part fine dry bread crumbs for coating cornmeal slices.

COOK'S CORNER



GRAPE SALAD

Six halves of canned pears, one lb. of green or red grapes, one package of cream cheese, one quarter cupful chopped nut meats, one half cupful mayonnaise. Drain pears thoroughly. Frost rounded sides of pears with thin layer of cream cheese. Cover with halves of grapes, stoned.

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Words Of The Wise

It is very clever to know how to hide one's cleverness. —(La Rochefoucauld)

HOUSEHOLD HINT

Do not send cloth belts with simulated backing to the cleaners. The solvents used in cleaning will dissolve the backing, leaving the belt limp.



Quebec Winter Carnival

Chosen as a symbol of the care-free spirit of Quebec's winter carnival Jan. 27-Feb. 14, Bonhomme Carnaval wears a snowman's costume with red toque and bright sash. Three youngsters admire his costume as he rehearses for the 2 1/2-week event during which he has the authority to put an ice jail anyone who appears in his costume with red toque and



Governor-General Massey Meets Actress

Governor-General Massey meets actress Coral Browne of Australia during intermission at performance of "Tamburlaine the Great," in Toronto. Mr. Massey attended the Broadway-bound play during a weekend visit to Toronto. Miss Browne plays the empress in the Christopher Marlowe play directed by Tyrone Guthrie. (CP Photo)

Nehru's Daughter Moving From Hostess To Politics

By R. Satakopan

NEW DELHI India (AP)—Prime Minister Nehru's daughter, Mrs. Indira Gandhi, is rapidly moving from a life as her father's official hostess to a political life of her own. Mrs. Gandhi, 38, takes after her father in many ways—in facial appearance, in sophisticated mental makeup and sudden bursts of temper.

Mrs. Gandhi's initiation to public life was in the independence movement. By the time she was 12, she had formed a "monkey brigade" of school children in Allahabad, her home town, to carry messages from Congress leader to Congress leader, home to home, in defiance of the government.

The girl, whose maiden name is Indira Priya Darshini meant "dear to sight," watched her father and his friends go in and out of jail. Some of Nehru's books began as letters written to Indira from behind prison walls.

MARRIED LAWYER

Her interest in independence never subsided as she travelled from Indian schools to Swiss academies and then to Oxford, where she studied history.

Back in India in 1942 she married a young lawyer, Feroz Gandhi. He is no relation to the late leader of the Indian independence movement, Mohandas K. Gandhi.

When independence came in 1947 and Nehru emerged as the new India's prime minister, Mrs. Gandhi—with her two sons, Ravi,

now 11, and Sanjay, now 9—moved in to become her widowed father's official hostess. Her husband, a newspaper executive and member of Parliament, remained close but appeared to take a back seat.

The life as India's first lady consumed much of Mrs. Gandhi's time. There were dinners and parties and her father's many travels to Britain, the United States, Ceylon, Indonesia, the various parts of India and, more recently, to Red China and Russia. Women's clubs requested her to meet with them. She showed an interest in social welfare activities.

POLITICAL EMERGENCE

Early last year she stepped fully on the political stage. She was selected to the 21-member Congress working committee, the high command of the Congress, India's biggest party.

Her political emergence was confirmed by two later developments: She received more votes than any other candidate elected to the Congress party's 11-member central elections committee, which will pick candidates and plan strategy for the 1957 elections.

She acted as chairman for a special government committee which arranged the reception for Soviet Russia's two visiting leaders, Premier Nikolai Bulganin and party chief Nikita S. Khrushchev.

There is talk her father is grooming her to be his chief aide. There is talk she perhaps holds ideas to the left of her father's. Many observers disagree with these viewpoints, but all concede she is becoming a political force in India.

ELLEN'S DIARY

By An Island Farmer's Wife

It was a warm wind at weekend which broke the glassy bands of the bronze ice storm prevailing, and left us on island farms here and hereabout much relieved though still troubled with the cares and inconveniences bequeathed in unkind aftermath, by that extended spell of weather.

Now another night spreads dark wings over the farmlands-dark and continuing damp. The yards are dim and we must take a lantern or flashlight to light our steps out about. When a few minutes ago we came with James from a visit to the house across the lane no bright friendly beacons from other farmsteads hailed us across the near and far stretches of countryside. The fields were dusk-filled; the groves and woodlands darker pieces in the dim woven fabric of night.

We stopped at the yard-pump for a pail of water. Idle for some years, indeed neglected, this is the old friend we now turn to for assistance and comfort in these "powerless" days of our farming. The liquid flow sparkled in the lantern-light.

"We could be in worse circumstances, Ellen," James commented. "We have water in plenty for houses and stock. We have fuel too! If kitchen-fires must be kept low." "We have lights too!" we chuckled, a bit ashamed that like certain womenkind in an old story we too had been caught with our lamps neither "trimmed nor burning" nor ready for such a time of emergency as we experienced. When candlelight no longer sufficed we had to make a trip to a closet under the eaves to collect a lamp.

"And when you're there, Ellen," James had called after us, "See if you can find a wick for this lantern. This one's fairly short-and we'll likely have a spell of this."

"And you may as well bring down a kerosene can too—we'll have to get oil," the younger farmer added with a chuckle. We looked about at the collection of items stored there—relics and remnants of former eras of our living. Our world had left much behind in its amazing upward climb through past years. Should we like to back to them—to those "Good



In Top Ten

Princess Margaret, whose clothes have often been a subject of debate, was rated among the best-dressed ten. She shared second place with the Duchess of Windsor.

Chapman—Johnston

The marriage of Miss Reta Joan Johnston, daughter of Mrs. Frederick G. Johnston, Murray River, P.E.I. and the late Mr. Johnstone, to Mr. Robie Palmer Chapman, son of Mrs. Milton Chapman, Murray Harbour, and the late C. A. P. in Chapman, took place at 5 p.m. on Saturday December 10, at the home of the bride. Rev. M. Carl Currie officiated at the double ring ceremony.

MORNING SMILE

Cellmate—How come you in jail Sam? Prisoner—Jes for throwin' rocks outa de neighbor's yard into mine. Cellmate—What's wrong wid dat? Prisoner—Dese were Plymouth Rocks.

Mrs. O. Sellar Heads Hunter River United Church W.M.S.

The annual meeting of the Hunter River United Church, W. M. S. was held at the home of Mrs. J. E. Andrews on December 8th, 1955. The president Mrs. J. S. MacLeod presided, opening the meeting with the reading of, "Christmas for Christ in the home". The text for the Christmas worship service was taken from the Missionary Monthly and was entitled, "What child is this", with each member reading the Bible passage.

A trio consisting of Mrs. Orville Sellar, Mrs. Ivan MacKay and Mrs. J. E. Cousins sang, "What child is this". The period of worship was closed with the circle of prayer and benediction. Pans for the occasion was Mrs. W. J. Bowman.

At the opening of the business meeting, the minutes of both the last monthly and annual meetings were read and adopted. From the report it was learned that fifty-nine home and six hospital visits had been made during the year, also that a total of thirty-seven books had been read.

This was followed by a reading given by Mrs. C. B. Matheson and Mrs. E. Bernard gave a review of the books on the shelves urging the members to undertake more reading of the available material.

The following slate of officers were elected for the coming year: President, Mrs. Orville Sellar; Vice-president, Mrs. J. S. MacLeod; Treasurer, Mrs. L. W. Ripley; Recording secretary, Mrs. J. E. Anderson; Corresponding secretary, Mrs. Jackie Bernard; Temperance and Citizenship secretary, Mrs. C. B. Matheson; Christian stewardship secretary, Mrs. J. E. Cousins; Community friendship secretary, Mrs. H. Spence; Literature secretary, Mrs. Bernard; Missionary monthly secretary, Mrs. J. L. Lepage; Supply secretary, Mrs. W. J. Bowman; Baby band leader, Mrs. John Craswell; Mission band leaders, Mrs. J. S. MacLeod and the organist, Mrs. Ivan MacKay.

The meeting closed with prayer.

Mary Haworth's Mail

Woman Seeks A Social Life For Diffident Husband

DEAR MARY HAWORTH: Her parents' death have brought my husband painfully close to reality. As a young man he was wrapped up in impractical interests—music and writing; impractical for him because he hasn't developed the know-how to make a living as musician or writer. Nor has he the initiative or the money to study either subject.

We have been married two years and he is now in the final lap of a merchandising course, in which he isn't particularly interested—but which will take us out of the old rut, if only to put us in another. So much for preface.

The immediate problem is: Bill has no aptitude for, nor interest in, a social life, although he is liked by all and considered a "Good Joe." He doesn't belong to organizations, doesn't fish, hunt, swim, go out with the boys or follow any sports. He hesitates to try his hand at anything, for fear of failure or making a fool of himself. This is partly due to his physique; he is very tall and slender and self-conscious of his awkwardness.

FAST TALKERS

He evades the question when I suggest having a couple over to play cards—the only entertainment we can afford. He has no physical drive, and when I suggest a complete check-up, he says, "We can't afford it," or "There's nothing wrong with me."

To top it all off, he speaks slowly and deliberately; and what he says is worth listening to—but the fast talkers draw him out; it happens often, and it breaks my heart to see him ignored as a non-entity. People consider him a push-over, and take advantage, if he goes out of his way to help them.

IS GOOD TONIC

DEAR P. A. About the only way to breathe confidence and enthusiasm and new life into a diffident person is to first accept him wholeheartedly, as is and what he is, with his needs on the mutual understanding that his company is sufficient reward in itself for your investment of interest in him.

Taking stock of Bill, per your inventory, I should say he is the type who depends upon somebody else to make a life for him. And as you are his partner in double harness, it looks as if you have acquired the leading role. But so far, you've been waiting, with growing impatience (seems), for him to show some zip-and-go; or, at the very least, to match your stride with alacrity.

KILL TWO BIRDS

Bill dreads being host. I gather, because the prospect puts too much pressure upon his latent anxiety neurosis. — If you are counting on major support from him, he feels inadequate to the business of being official greeter and putting others at ease, in circumstances intimately identified with what he is. His ingrained diffidence unfits him for the challenge.

Instead of stalling and fretting, you might better take action to build up his social experience, and consequently his social self-confidence, — which would then make a difference in his total deportment.

By which I mean, if Bill isn't downright opposed to home hospitality, if he just lets the subject slide, it may be constructive to introduce the idea to him, in the form of a suggestion, and then go ahead with plans, from time to time. If you provide a series of pleasant evenings with nice friends, so that Bill finds it little or no effort to enjoy himself, and regards the occasion as a success from the guests' angle, you will be killing two birds with one stone. You will be entertaining (as you wish to do); and indirectly helping Bill to grow.

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

KEEP IN TRIM

Individual Weight Loss Will Be Unpredictable

By Ida Jean Kain

On the basis of calorie subtraction, it is possible to predict the approximate date at which you can expect to be down to healthy normal weight. Calorie science really has taken the guess work out of reducing. However, the week to week rate of reducing is an individual matter and depends on whether you tend to store water in the tissues or release the surplus water at the beginning of the diet. Being alert to water "swings" can keep you from becoming discouraged.

As a rule, the more overweight you are, the more you can expect to lose at the start of a diet. If you have considerable soft fat, there is likely to be more surplus water in the tissues and you will lose very fast in the beginning. However, don't expect to continue losing at this rapid rate or you will become discouraged when the pace slackens, as with the reducer in this letter.

"The first 11 days of my diet I lost a pound a day. Now I just can't seem to lose any more, even though I am on the same diet. I am very much discouraged. What is the reason for this, and what can I do to lose now?"

Here's the reason. Your initial rapid loss was due to the fact that considerable water was released along with the fat. Once the water balance is adjusted, you will lose at the rate established by the calorie deficit. Know that this standstill period in temporary. Continue your diet, eat a complete protein food at every meal and you will presently start to reduce at the rate of one or two pounds a week. From now on the loss will all be in body fat.

Now for those of you who have failed to lose, Hold on! While you may not show any weight loss for another week, this stubborn period will be followed by a rapid loss, and the end result will coincide with the estimated date. You'll catch up with the fast starters.

You can even appear to gain on a reducing diet! This paradoxical behavior on a diet is due to the fact that stored water weighs more than the fat it has replaced. If you

are cutting calories, you are losing weight, regardless of the pointer on the scales. Stay with the diet... and one morning soon, you'll find yourself many pounds lighter.

Lady Eden Objects To Hanging Wash In Neighbor's Yard

LONDON (AP)—The Sunday Pictorial says Lady Eden has objected to a neighbor hanging out her washing when the prime minister is in residence at Chequers, his country home.

The paper quotes the neighbor, Mrs. David Butt, as saying: "What does Lady Eden think she is? She sends her washing to the laundry, I don't!"

She said she'd hang out her washing come Tuesday no matter what happens. "And they can take the matter to the House of Lords if they like," she snapped.

"LABOR SUPPORTER"

The Sunday Pictorial is an independent tabloid which describes itself as "the newspaper for the young at heart." It says Mrs. Butt, supporter of the Labor party.

The paper said the clothes line controversy arose when farmer G.A. Randag, a tenant on the Chequers estate for the last 17 years, told Mrs. Butt he had received a letter from Eden's secretary.

Randag, for whom Mrs. Butt's husband Herbert works, said the letter complained about washing hanging on Mrs. Butt's clothes line when the prime minister and Lady Eden were at Chequers.

The newspaper quotes farmer Randag as saying: "It applies only when Lady Eden and Sir Anthony are in residence. They are never there on Monday mornings, so perhaps Mrs. Butt would hang it (the washing) but then."

No More Acting For Grace

Prince Rainier III of Monaco, which will revert to France if he and his fiancée, screen actress royal family does not produce a Grace Kelly, were guests of honor. Miss Kelly, daughter of a Philadelphia millionaire, said she would probably give up acting plans. They will live in Monaco, together.

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Bye Baby Bunting Scene For Germany

It used to be bundles for Britain but now it's babies for Germany. This has been a familiar scene in railway stations across Canada lately as families of soldiers stationed in Germany pass through on their long trip to Europe. At Montreal's Central Station these Red Cross girls were on hand to help wives and children sailing on the Queen Frederica, from Quebec City and came up with these precious armfuls. Left to right, Miss Pauline Perron, Miss Florence Rhind, Miss Ann Hackett and Miss Hilda Pegnum, all of Montreal, chatting with Sgt. Romeo Brillou, Headquarters Quebec Command. (National Defence Photo)