WOMEN

ET'S EAT

Dinner In 20 Minutes By Using Frozen Foods

By Ida Bailey Allen

The Chef and I recently attended buffet luncheon at the Hotel oosevelt in New York City, sponored by the Eastern Frosted oods Association. The menu conisted entirely of prepared frozen oods thaw-heated on electric plates r in electric ovens on tables anged along the walls.

"This exhibit is phenomenal" claimed the Chef "Almost every ype of food is represented, from ors d'oeuvres through dessert."

Listen to what Mr. E. W. Wiliams, our host, is saying:

"Prepared frozen foods, called onvenience foods, now constitute 5 per cent in dollar volume of all rozen foods sold."

ORE THAN THIRD

"This means," I said, "that more han a thid of all the quick-frozen oods sold, include hors d'oeuvres, oups, meat, poultry, fish and seaood, special vegetable dishes, enrees, sauces, breads, cookies, pies, ake or desserts In other words, oods that some homemakers do ot have time to prepare entirely.

"Many are career - homemakers ontributing to the family income; thers are older homemakers, whose children have grown up and who are keeping homes on a twoncome basis. They literally buy hese quick frozen foods for conenience.

"Most homemakers, however, will use some or all of these foods nly occasionally, because completely-prepared foods are still too xpensive to be included generally in the $25-a-week food budget of he average family.

SEVERAL KINDS

When the Chef and I returned to the test-kitchen late that afternoon, we found that a box of several kinds of frozen convenience foods had arrived for taste-testing.

"No time like the present," remarked the Chef, cocking his high bonnet. "I shall now prepare a turkey dinner in 20 minutes The only fresh food that I shall include will be a salad for refreshing contrast in texture."

20-MINUTE TURKEY DINNER

Citrus pineapple fruit cup, Turkey with stuffing and gravy, Potato cakes, Green beans, Cucumber - down pineapple cake, With sour cream topping, coffee.

Frozen Citrus Pineapple Cup: The fruits were half-thawed by allowing cold water to run over the cans.

Turkey with Stuffing and Gravy: The unopened foilware containers of turkey topped with stuffing and gravy were placed in a 400 degree F. oven and heated 20 min. The Chef opened the containers, placed each on a plate and served the "dinners" in them.

Potato Cakes and Green Beans: These were prepared according to package directions and arranged together on a deep platter. Fresh radishes were used as a garnish.

Upside - Down Pineapple Cake: This was heated in the oven in the containers, turned out and served upside-down. The garnish, commercial sour cream.

TRICK OF THE CHEF

Personalize frozen foods with special seasonings and spark frozen food dinner menus by adding one or more fresh vegetables or fruits.

HAPPENINGS

A very successful afternoon tea was held at the attractive home of Mrs. Martha Poole on Wednesday afternoon by the Ladies of the Montague Curling Club. The guests were received by Miss Martha Poole and s. C. Herb Poole, in the attractive living room which was very gay for the occasion with profusion of spring flowers.

The tastefully decorated table was laid with a lace table cloth yellow and white tapers, and the color scheme was carried out in the centre bouquet of spring flowers. The tea cups were presided over by Mrs. A.C. MacKay and Mrs. Sylvere DesRoches. Mrs. L. H. Poole ushered the guests. Others assisting in serving were Mrs. George Inman, Mrs. Art Sullivan, Mrs. Claude Nicholson, Mrs. James Cudmore, Mrs. Harold Smith, Mrs. Harry Jamieson, and Miss Bessie Polle and Miss Peggy Beer.

Winsome Anne MacGowan attended th door and charmed everyone with her appealing manner.

CANOE COVE W.M.S.

Mrs. J. A. MacDougall entertained the W.M.S. at the June meeting in the absence of the president, the vice-president Miss Annie MacRae, presided. Scripture, St. Matthew 25: 14-30 and Bible expostion were read by Miss Annie MacRae.

Prayer was given by Mrs. Janis MacCannell, followed by repeating the Lord's Prayer in unison. The minutes of the last meeting were read and approved and roll call was answered by 19 members and 3 visitors. $8.41 was received in offering.

Mrs. Neil Darrach led the study period with Mrs. Colin MacFadyen left in charge of the study period for next meeting.

Mrs. Nicholas Gillis invited the members to her house for the next meeting; lunch committee, Mrs. L.E. MacKinnon, Mrs. James MacKenzie and Mrs. Mack MacFadyen.

Dues amounting to $4 were paid and the treasurer reported $62 on hand. The meeting was brought to a close by repeating the Mizpah Benediction.

Tha annual meeting was held after the regular meeting at which the following officers were reelected. President, Mrs. Albert MacDougall; vice-president, Miss Annie MacRae; secretary, Mrs. Mack MacFadyen, Treasurer,Mrs. Francis MacDougall; friendship sec'y, Mrs. L.E. MacKinnon; message sec'y, Mrs. Mack MacFadyen. The trea urer reported sending $62 to M ons; $10 to India; and three boxes overseas.

Following the meeting an address was read by Mrs. Neil MacPahil on behalf of the members to Mrs. Nicholson, expressing the deep reget at the loss of such a devoted member and extending best wishes to her in her new home and a suitable gift was presented by Mrs. L.E. MacKinnon.

The meeting closed by singing "God Be With You Till We Meet Again" after which lunch was served by the hostess and committee in charge.

HAMPTON W.A.

Hampton Ladies Aid held their June meeting with Mrs. Windsor Bell. The president conducted the Worship Service, a short article from Dr. Vincent Peake on "What To Do If Angry."

The minutes of May meeting were read, approved and signed. were completed for the Home Cooking sale Charlott n.

All the members expressed deep regret that this was the last meeting at which Mrs. Baxter, a very considerate, capable and much esteemed member would be present Mrs. A.E. Best kindly consented to take over Mrs. Baxter's duties as sewing convenor. Life's best was wished for Mrs. Baxter in her new home in our neighboring province of New Brunswick.

Mrs. Clifford Sherren invited the members to her home for the July meeting.

HAMPTON-DESABLE W.M.S.

Mrs. Mack Dixon entertained the Hampton-Desable W.M.S. on Tuesday evening for their June meeting. Mrs. Lorne Ferguson, the President, presided through out. She was assisted in Worship service by Mrs. Rowan Ferguson and Miss Myrtle Inman.

In the Study Mrs. Jack Dixon and Mrs. Mack Dixon gave interesting statistics and information on Church Extension work in Canada's rapidly growing cities. Mrs. Windsor Bell gave a resume of work in Trinidad and Mrs. Clayton Morrison on Canada's unemployment problems. Hymn 388 was sung after which the Secretary, Mrs. Bell, read the minutes of last meeting, followed by roll call and offering. The Treasurer Mrs. Elmer Inman gave the financial standing and other Secretaries gave their reports.

Mrs. Windsor Bell stated that she had started the travelling box on its annual journey and the Temperance Secret was instructed to forward $2.00 to the Federation.

Just before the close of the meeting, the President expressed the general regret of the members that this was the last W.M.S. meeting of this Society at which Mrs. Baxter would be present. She then called on Mrs. Clayton Morrison, who read an appreciative address while Mrs. Jack Dixon, on behalf of the members, presented a gift—as a small expression of esteem and good-will. Mrs. Baxter thanked the members not only for thier gift but for all kindnesses and co-operation during her four years in this pastoral charge.

The Mizpah benediction closed the meeting after which lunch was served by hostess and committee and a short social time enjoyed. Mrs. Lorne Ferguson invited the members to her home for the July meeting.

KEEP IN TRIM

Three Kinds Of Hunger To Plague Overweights

By Ida Jean Kain

Which kind of hunger is keeping your weight too high . . . hollow, hidden or humdrum? In dealing with hunger, it is lightening to reason from cause to effect.

Hollow hunger is that empty feeling in the of your somach four or five hours after an adequate meal. Hidden hunger is a form of malnutrition which sets up a constant craving for food Humdrum hunger is in the mind and stems f sh boredom.

The remedy for hollow hunger is through the right choice of foods to give "stayin power" to low calorie fare. High satiety foods are the key and should be included in each of th e meals. The satiety value of a food can be measure in two ways: The length of time a food remains in the stoma ; and the amount of gastric juice stimulated by t food.

FOODS THAT HELP

Here are the protein foods which lend satiety: meat, milk, cheese, eggs fish and fowl. A small amount of starch serve to increase the satiety value of a meal. For example, have a thin slice of oast with the breakfast egg, a slice of bread with lunch, and a small portion of potato with the meat at dinner. From the bulk standpoint, vegetables and chewy salads are filling and add a feeling of contentment.

A high value protein at each of the ee daily meals is important in hunger control. Protein is released slowly and therefore helps to maintain the blood sugar level above the hunger line for a prolonged period. Since the blood sug tends to fall in the late afternoon, an energy pick-up between four and five o'cloc is desirable. This purposeful piece-mealing can save the day for dieters.

CR PERSISTS

Now to deal with hidden hunger . . . As was pointed out, hidden hunger is a form of malnutrition—a craving for missing essential nutrients. However, the appetite cannot discriminate, and all you know is that you're hungry. If the food you choose does not contribute the vital nutrients, you do not appease the hidden hunger, even when you eat. The craving persists. Abundant otection is provided in lean me s, green and yellow vegetables, fruits, including a citrus fruit, skim milk and b termilk, and limited amount of good quality bread.

There is only one way to deal with hu m hunger . . . add some new interest to your life. Inertia is back of boredom. Stir yourself to change your routine and get out of the rut. Get enthusiastic about improving your measurements and wearing the next smaller size dress—and you'll not have humdrum hunger.

Barrett - Ohlandt Wedding At Tryon Parsonage

A wedding of great interest to a wide circle of friends was solemnized Wednesday afternoon, June 20th, at 2.00 at the Baptist Par ag Tryon, P.E.I. Exchanging marriage vows were Cedric Barrett of Green Bay, P.E.I. and Elisabeth Ingrid Toni Ohlandt, now of New Wiltshire, P.E.I. but recently of Hamburg, Germany.

The single ring ceremony was performed by Rev. Dr. E.J. Barrass, Minister of Tryon Baptist Church.

The bride was attended by Mrs. Ivan Turner of Winsloe, and the best man was Ivan Turner of Winsloe.

The bride was charming, dressed in a light grey suit with accessories to correspond and wore a corsage of gardenias.

The matron of honour wore a grey suit with light blue accessories, and corsage to match.

Following the wedding ceremony a reception was held in the Queen Hotel Charlottetown with 25 invited guests participating. At the wedding dinner Dr. E.J. Barrass proposed a toast to the bride which was responded to by the bridegroom.

The young couple will spend their honeymoon in a Maritime Province tour and later will reside at Green Bay where the bridegroom is a successful farmer.

Words Of The Wise

An apology is better than an explanation—and quicker.

TELLING TRENDS

Silk woven to look like linen is having a fine time this season, the selection of every good designer, the choice of fashion-conscious shoppers. Coming along, too, is the dress with its own cape, cropped and crisp, a little newer even than the short jacket. Branell takes note of these trends with this cape and sheath of black silk linen. The beltless dress has glovelength sleeves and the deep V-neckline has a white chiffon fillin. Fine for spring and through summer, perfect with white accessories for that brilliant black with dazzling white look.

ELLEN'S DIARY

An Old Newspaper

"Just listen to this!" Granddaughter said this evening looking up from a copy of a Charlottetown Guardian we had recently come by, dat June 12, 1911, "The People's Theatre Tonight: the Writing on the Blotter - a splendid detective story. . .A War Time Escape: the romance of a Dixie girl. . . Getting Sister Married - the laughing is fine. Come in. . .Miss Helen Fredwin in Illustrated Song and Pleasing Specialty. . . .Doors open at 7.30 - Show rts at 7.45. . .Admission 5 cents' Imagine all that entertainment for o ly five cents!" she commented.

"Those were the days!" James smiled.

"Why--were you ever there to a show?" she asked.

"Certainly!" he replied.

"Oh? And what was it like?"

"It was pretty good. The pictures, still ones, of course, were wonderful for those days. Not bad singers neither as I remember. And besides. . ." he chuckled.

"Whist James!" we admonished.

"When the lights dimmed- I suppose it's the same way yet!"- - a fellow could hold hands with his girl-friend, all through the show!"

"I think he's boasting," Mack nodded with a shy smile.

Granddaughter took up the yellowed issue again.

" re's something from an account of a wedding," she said. "The ceremony was performed in the drawing-room which was beautifully decorated. . .The bride wore a travelling suit of gray Rajah silk trimmed with Irish lace and black braid, with a picture hat of black and white straw trimmed with large bows of black velvet and net, and she carried a shower bouquet of white roses, and wore the bridegroom's gift, a diamond ring.' Can't you just smell those roses and see that ring sparkle?" she smiled. "And how I should have liked to see her, dressed beautifully like that."

"Brides were brides those times" we remembered. "You should have seen one 'appear out' at Church the first time. What a rustle and stirring, it caused?"

"The women-kind didn't get much good from the sermon that morning" James said with a chuckle.

"And here," Granddaughter continued "it advertises a cab for hire."

"And there" we pointed over her shoulder "is an account of a presentation made to your grandaunt, Irene,' on Friday evening, May 25th, 1911' in this very house, by the pupils of the district school-the same that you attend. She had been their teacher 'for nearly three years' it says, and now was retiring from teaching to be married that a n. They presented her 'with a beautiful jewel case containing a gold locket and chain. The address is printed here in full."

"Well, well," James said reaching for his glasses, "Let me have that newspaper a minute."

What happy memories its reading returned to him, of the young y rs which passed so quickly and soon.

"I love old newspapers, don't you?" Granddaughter said, preparing to betake herself home to the house across the lane, "Quaint, aren't they? And good!".

til tomorro - - Diary- -Good - night. . . . .

St. Dunstan's Basilica Sees Beagan-Peters Wedding

Spring flowers, potted ferns and coloured vigil lights formed a beautiful background in St. Dunstan's Basilica on June 19th when Joan, daughter of Mr. and Mrs. Paul Peters, was united in marriage to Everett, son of Mr. and Everett O. B gan.

The ceremony was performed by Rev. Francis Corcoran with Roland MacKinnon, nephew of the bride, serving. The organist was Mrs. Joseph Dougan, and several vocal selections were beautifully rendered by Miss Patricia Leightizer.

Given in marriage by her father, the bride was charming in a white ballerina gown of nylon tricot studded with pearls. He ingertip veil of tulle illusion was held in place by a nylon tulle pillbox trimmed with pearls. She carried a cascade of white carnations and lillies of the valley.

Mrs. R.O. Nightingale, ster of the bride, was matron of honour and wore a coral ballerina gown with matchin headpiece. The bridesmaid, Miss Beryle Beagan, sister of the groom, wore an identical gown and headpiece in turquoise. Both of the bride's attendants carried a nosegay of white and yellow mums.

The best man was Mr. Abe Zakem and the usher was Mr. Harold Power.

The bride's mother wore a dusty rose crepe gown with white accessories and the groom's mother wore a pink a d white nylon gown with pink and white accessories.

A reception for approximately 45 guests was held at the Queen Hotel, the bride's table being centered with a three tier wedding cake. The toast to the bride was proposed by Mr. Pius Callaghan responded to by the groom.

After the wedding ceremony, the bridal party, accompanied by the parents of the bride and groom, visit the Precious Blood Monastery where the happy couple were consecrated to the Precious Blood of Jesus. The Act of Consecration was read by Sister Imelda of the Blessed Sacrament, cousin of the bride.

Before leaving on their honeymoon, Mr. and Mrs. Beagan entertained their guests in their apartment at 41 Queen St.

For travellin the bride chose a coral linen dress with navy duster and white accessories. Her corsage was white carnations.

MORNING SMILE

Customer "I'll have some raw oysters, not too large nor too small, not too salty nor too fat. They must be cold and I want them quickly!"

Waiter ":'Yes, sir. With or without pearls?"

HOUSEHOLD HINT

Doorbell chimes have steel rods in hollow coils that should be cleaned once a year. Use solvent on the rods to clean, then wipe them dry.

COOK'S CORNER

BACHELOR BUTTONS

1 egg.
2 tablespoons cold water.
1 cup white sugar
2-3 cup butter.
3 cups flour.
2 teaspoons baking powder
1 cup coconut.
Little salt.

Mix all together, roll into small balls, press out on a cookie sheet. To press out, use a fork dipped in cold water. Bake 10 minutes in a medium oven.

"Certainly is a wonderful product, and so economical"

says Mrs. John A. Reid, Thorburn, Nova Scotia

You'll save yourself money, time and work if you take the advice of this Maritime homemaker.

One 12 oz. can of Maple Leaf Liquid Detergent does twice as much for you as a regular package of ordinary soap or powdered detergent.

Makes china, glasses, silver sparkle. Cuts grease. Pots and pans are easy to do.

Get Maple Leaf Liquid Detergent now.

The only liquid detergent that contains kind-to-your-hands LANOLIN

12 and 24 oz. sizes

Made exclusively by an all Canadian Company to best suit the needs of Canadian homemakers

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By any test you'll like Tea best with

BUBBLY BOILING WATER!

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Get busy! Send in your winning coupon NOW Contest Ends July 14th --- Read Rules Below

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Count the PEARLS...
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A PERLMAN FUR COAT!
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This lovely Muskrat Coat can be yours...

PRIZES AND AWARDS

Nothing to Buy... No Story to write

3 Fur Coats given FREE

1st Prize	A Genuine Muskrat Coat Dyed to light or dark Mink Shades in the season's newest styles.
2nd Prize	A Beautiful Mouton Processed Lamb Coat — Soft lovely quality — light in weight — very warm and durable.
3rd Prize	A Beautiful Fur Jacket to complement your wardrobe—whether you wear it for daytime or evening. Something that every woman would love to own.
Awards	Those close—but not close enough—will win Merchandise Certificates valued at $50.00, $35.00 and $25.00, towards the purchase of a new Perlman Fur Coat or Jacket.

IT'S EASY TO WIN

Start Counting! You have an extra chance to win one of the three luxurious Fur Prizes we're giving away FREE and plenty of chances to win $50.00, $35.00 or $25.00 Merchandise Certificates.

CONTEST RULES

1. Count the Pearls.
2. Fill in the coupon at the bottom of this advertisement, writing in the number of Pearls you have counted.
3. Cut out the Coupon and mail or bring it as directed on the coupon.
4. Only one entry to each person. Prizes will be awarded on the basis of correct count and speed in returning the coupon.
5. Contest is open to all over 17, except Perlman employees.

WINNERS

The names of the lucky winners of Perlman Fur Coats will be published in this newspaper.

PERLMAN FURRIERS
c/o MacFarlane Bros., Furniture
92 Kent St., Charlottetown

Print coupon clearly in block letters. HURRY! Speed may win you one of the Three Grand Prizes! Contest closes midnight Saturday, July 14th.

Coupon to be mailed not later than above date.

Cut and mail Coupon NOW to
Perlman Furriers,
c/o MacFarlane Bros., 92 Kent St., Ch'town.
My count is __________ Pearls
Name __________
Address __________
City __________
Res. Phone __________ Bus. Phone __________

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25% OFF COMPLETE STOCK

SALE STARTS MONDAY, 9 A.M.

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