

LET'S EAT

## Best Way To Buy Shrimp

By IDA BAILEY ALLEN

"From all over, Madame, reports come that shrimp is plentiful, even in small towns in the midwest," began the Chef. "All of it is frozen, raw or 'green' in the shell for sale by the pound, or else shelled, cleaned and sometimes cooked, packed in 10 or 12 ounce packages, and quick-frozen ready to use."

"How do chefs buy shrimps?" I asked.

**How They Buy**

"By the count per pound, Madame. 'First, they plan the number of shrimp needed per person, then estimate how many servings a pound will yield."

"Par example, if the shrimp are large, a pound contains only 15 shrimp or under. These are generally used for butter-broiling. If not so large, there will be 16 to 20 per pound, the right size for shrimp cocktails. Other counts contain about 25 to the pound, or if small, 30 up to 42."

"For the homemaker, I suggest the 25 count, if to be served whole, and a count of 30 to 42 if to be cut into or chopped for salads, sandwiches or canapés. The very small shrimp, when cooked, also make an attractive garnish for open egg salad sandwiches."

**TOMORROW'S DINNER**

Hot or Chilled Vegetable Juice  
Shrimp and Macaroni Escallop  
Tomatoes Cooked with Celery

**KEEP IN TRIM**

## Streamlining The Easy Way

By Ida Jean Kain

If you're naturally the non-athletic type, but mildly determined to keep your figure from going to waste, you'll be interested in streamlining methods that produce results with a minimum of time and effort. The science of



muscular movement takes half the work out of calisthenics. Once you get the knack of muscle action, you can, with no waste motion, carry on to streamlines. To aim a particular measurement, the muscles which control that area must be restored to live tone.

Since it is always the middle measurement that spreads first, let's begin in the middle. Get a mental picture of an invisible circle made up of four powerful bands of muscle — one pair running lengthwise from waistbone to pelvic girdle, with up-pull action; two pairs coming in bias-wise, with a sideways in-pull action, and a deep inner horizontal band which flattens the abdomen.

Taking it from there, you can see that a stretch will reach the front muscles, and a side-bend will bring the crosswise and bias muscles into play. So that's the midriff slimming technique. The action must always be concentrated through the midsection, with the muscular pull up-and-in. Here's a slimming stretch-bend.

**Position:** Stand with feet well apart. Have left arm stretched overhead, right arm down at side.

**Movement:** Stretch upwards, pulling the waist up away from the hips and the ribs up away from the waist, then bend slowly and smoothly sideward, pulling strongly with left as it curves toward right. Hold this stretch-bend for a slow count of three. Back to position, stretch right arm over-

**Diced Turnips**  
**Baked Nutmeg Custards**  
**Coffee Tea Milk**

**Shrimp and Macaroni Escallop:**  
Cook 1 (8 oz.) pkg. high-protein macaroni shells following directions on the pkg. While cooking, make a sauce as follows:  
Melt 2 lbs. butter. Add 1/4 c. minced celery and 1/4 c. minced green pepper. Slowly sauté until they look clear.

Stir in 3 lbs. flour, 1/4 tsp. pepper, and 1/4 tsp. each salt and monosodium glutamate. Gradually add 2 c. milk. Cook and stir over low heat until smooth and thick. Add 2 lbs. cooked shrimp cut in coarse dice, or use 2 (10 oz.) pkgs. thawed frozen shrimp or 3 (7 oz.) cans shrimp (drained).

Rub a 2 qt. baking dish with butter. Spoon in a layer of 1/3 the cooked macaroni shells. Cover with a layer of half the shrimp; follow with a layer of macaroni shells, then one of the remaining shrimp; finish with macaroni. Press down to blend the ingredients.

Melt 2 extra tablespoons butter and in it slightly brown 1/4 c. enriched bread crumbs. Add 1 tbs. minced parsley. Top dish with this mixture. Bake 30 min. in a moderate oven, 350 degrees F.

**TRICK OF THE CHEF**

Add 1/2 tsp. powdered dill to the sauce for shrimp and macaroni escallop.



MR. AND MRS. JOHN A. NICHOLSON  
(Photo by Read Studio)

The marriage took place at Kensington United Church at 3 p.m. on February 5, 1955, of Thurza Eleanor, daughter of Mr. and Mrs. Edgar Bryenton, Hamilton, P. E. I., to John Ashley, son of Mrs. Mildred Nicholson, Marysville, N. B. and the late Everett Hazel Nicholson of Borden, P. E. I. The officiating clergymen were Rev. Alexander MacKay and Rev. Lewis M. Murray.

During the ceremony solos were sung by Mr. Al Nicholson and the organist was Rev. Lewis M. Murray.

The bride, given in marriage by her father, chose a white satin gown and a fingertip veil with a tarrara of white rose buds and pearls. She carried a bouquet of American Beauty roses.

The bridesmaid was Miss Lois Bryant, who wore a dress of mauve tulle over taffeta, and carried a cascade of Talisman yellow roses.

## MORNING SMILE

The wife who had been away three months wrote home and told her hubby she was too unstrung to come home yet — so he sent her a length of rope.

## Household Hint

New plastic bibs help keep baby's clothes clean when he is eating his meals. They are generously cut, with catch-all pockets for extra protection. The colors are gay, and mother can easily keep them bright with a soapy cloth or sponge.

## Wife Preservers

To measure a tablespoon of molasses accurately, dip the spoon into scalding water before pouring molasses into it, and the syrup will not stick to the spoon before using.

## Cook's Corner

**REFRIGERATOR CAKE**

35 graham wafers  
30 marshmallows  
1 package coconut  
18 maraschino cherries  
1 can evaporated milk  
1 cup walnuts

Let marshmallows soak in milk, then add rest of ingredients and half of the graham wafers. Pat down well, then roll as jelly roll in remainder of graham wafers. Put in refrigerator for a day before using.

## ELLEN'S DIARY

by an Island Farmer's Wife

This afternoon, the farmers were missing from Alderlea, they having gone to help a neighbour with his wood-sawing, repaying in kind favors received, in that fashion which still exists on farms and has been in vogue with more and less emphasis, ever since the pioneer days.

In their place, in the interim, a little lad was left with the affairs of the farm. We saw James smile and heard him call something to him at leaving-time to which the child nodded. Then he was about the yard with his sled, a cat following, before the two came in to sit quietly in the old armchair, he left a bit desolate then.

"If it happens to turn cold—the radio said something about it at noon—you or Jeanie is to close the doors at the barns . . . I guess it will have to be you, because you're not busy—she's making bread now . . . you know that made out of whole wheat flour? That's the kind" he nodded.

"Granddaddy said the stock would get cold if the wind came 'round."

"He said too for me to keep an eye to . . . well, we're expecting little pigs any time now, did you know? Yes," he offered with a smile, "there's always something, isn't there? But it wouldn't be very nice if nothing came—no little pigs, no calves, no lambs, would it? No?" he shook his head. "I wouldn't like that. Do you like young things to?"

"Yes, indeed," we replied.

"Then I guess," he smiled, "you haven't seen the new calf or the little lamb lately, have you? You'd be surprised at the way they've grown! It's a real nice afternoon out," he nodded, with a wistful look in young eyes.

It was a nice afternoon. Full of the young clean sunshine of the growing year; blessed too by the warm wind which rippled the pond below the front meadow and wandered up to stir the twigs of the trees about the yards. It sang a little melody to go with the cooing of the visiting pigeons sunning on a shed-roof, with the happy whirr of sparrows wings rising and falling on spirited missions about, and the echoing calls of spring-crows in dark flight

quered. "We have them too. Come I'll show you." We entered a building which houses part of the flock of sheep. "Now, put back your head and look up to the rafters . . . Now, do you see?" with a pleased expression. "We had plenty of swallows last summer . . . they'll be back again. Aren't they funny when they swoop down and almost touch the cats? And the cats jump with surprise and then try to catch them" he chuckled at the memory.

The swallows will be back again, the jewelled hummingbirds the goldfinches, the thrushes, the robins . . . and before them another day, to step softly into the footsteps of this one.

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

## MRS. GORDON MACMILLAN

### A COUNTRY GARDEN

**MARCH**

In the dark shades of her chambers low, March works out sweeter things than mortals know.

Her noiseless looms ply on with busy care Weaving the fine cloth that the flowers wear . . .

Out of a bit of sky's delicious blue She fashions hyacinths, and harebells, too.

And from a sunbeam makes a cowslip fair, Or spins a gown for daffodils to wear.

She pulls the cover from the crocus beds, And bids the sleepers lift their drowsy heads . . .

She marshals the close armies of the crocus, And polishes their green blades as they pass.

And all the blossoms of the fruit trees sweet Are piled in rosy shells about her feet.

Within the great alembic she distils The dainty odor which each flower fills.

Nor does she err, and give to magnolias the perfume which belongs to violet . . .

What matter, that wild the March-winds blow? Bear patiently her lingering frost and snow.

For all the sweet beginnings of the spring are hidden beneath her cold brown breast he fluttering. — Smith.

In March we can be very busy with preparing for the busy spring season, and when the lovely days come it is splendid to have some time to enjoy them. So, this month plan for the busy days ahead. Begonia bulbs have been brought from storage, cleaned and potted up in damp moss and placed in a warm place on a kitchen shelf to grow. When two leaves appear they will be planted in their permanent pots in rich porous soil and brought to the light for early blooming.

The geranium slips are growing so fast in the sunny days that the place is crowded and more shelves have been made in the garden room to take care of them.

On fine days some pruning has been done on large untidy shrubs, but care was used as it is now time to get busy with pruning knives and lose some flowering branches.

The new Azalea was so slow in blooming I was afraid that the flowers would never appear, but now it is perfect with hundreds of deep red blooms. I have never seen such a beautifully shaped bush, so covered with flowers.

From experience I know that the blooming period lasts for weeks of beauty, and for several years if care is taken.

Last Autumn a number of Dutch Iris were planted in the garden and the other morning a beautiful blue Iris was seen whenever the door opened into the small garden room. It was an exquisite shade of blue and these blooms bear a striking resemblance to the Orchid in England are known as "The Poor Man's Orchid". They are splendid for cutting and last well in water. They are also inexpensive and here they will be planted in quantity next year. In some localities in Canada they are winter hardy but as they are so lovely indoors I will not risk outdoor planting.

The Canadian Rose Society is asking for new members and I understand quite a number in our own Province have joined this Society. The pledge of the Society is "To Further and Encourage the Cultivation and Study of Roses" and there are many good rose growers on the Island. This Society was organized as The Rose Society of Ontario in 1913 and served for forty-one years as a provincial organization.

For a small fee you receive the letter service and the advice of Rose experts for whom Rose growing is the hobby of hobbies. Also reasonable bulletins packed full of useful information. A copy of the year book, the opportunity to exhibit your roses at the Rose Show in competition with the finest grown. Friendly contact with other rose growers and all this for a small fee.

**FLOWERS IN ART AND DECORATION**

Twelve thousand visitors attended the Exhibition of decorative art in Boston last fall which was organized by the Massachusetts Horticultural Society, with skill and perfect taste. The fact that most of the furnishings came from some where they have been treasured for centuries added to the quality of the memorable event.

Flowers, fruit and foliage carved on chairs, desks and tables, delicate inlay work, embroidery, needlepoint, tapestries, richly coloured Oriental rugs—all with decorative motifs of flowers of every conceivable kind and form—were arranged in separate alcoves with harmony and skill.

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