

LET'S EAT

Good Eating Habits Start In Baby Days

By Ida Bailey Allen

One summer, a mother of a boy 12 years old sent him to camp to "build up" for he was underweight and lacked the energy usual to boys of his age.

He wouldn't eat the well-planned appetizing foods enjoyed by other campers. The only things he liked were steak, peas and potatoes three times a day.

Cover: simmer about 3 hrs. or until almost tender.
Add 12 peeled small white potatoes, 6 quartered peeled carrots and 6 peeled small onions. Dust with salt and pepper. Cover again; continue to simmercook 35 min.
Slice the meat. Arrange overlapping down the center of a platter; border with the vegetables. Make gravy from the residue left in the kettle.
Viennese Cabbage: In a 3 qt. saucepan, mix 1 fine chopped peeled small onion, 1/2 tsp. ground monosodium glutamate, 1/4 tsp. anise seed, 1 tsp. salt, 1/4 tsp. pepper, 3 tbsp. vinegar and 2 1/2 tbsp. sugar. Add 3 c. water; bring to a quick boil.
Meantime, freshen 1 (2 lb.) head cabbage and drop into the boiling water. Cover and boil gently about 10 min. or until crisp tender.
Drain off, but reserve the liquid. Serve the liquid combined with the cabbage for a cocktail.
The Chef's fruit compote.
Make this an attractive service by using zood-sized shallow glass sauce dishes. Use 3 canned fruits of contrasting colors, such as canned peaches, pear halves and green plums. Arrange the fruits in three parts and garnish with Bing cherries or prunes.

WOMEN

Page 8, The Guardian Thursday, May 10, 1956

HAPPENINGS

A wedding of Maritime interest is that of Miss Margery Jean MacLean, daughter of the Rev. A.F. MacLean and Mrs. MacLean, to Mr. Robert Alexander Crooks, which will be solemnized, May 18, in Halifax. Two uncles of the bride will be officiating Ministers, namely the Reverend W. H. MacLean of the Wesley Smith Memorial Church, Halifax, and the Rev. George M. MacLean, Knox church, Glace Bay.

The reception will be the first wedding reception to be held in the new Pine Hill Residence. Miss MacLean worked for some time with the Child Welfare Department in this province. Mr. Crooks who is a theological student will be remembered by many here, as he was a former organist and choir director in the Charlottetown Baptist Church.

Mrs. J.B. Millman, formerly of Kensington, is visiting in Charlottetown, the guest of Mr. and Mrs. Eldon Campbell, Prince Street.

Mrs. David Nicholson and Miss Gloria MacKinnon held a miscellaneous shower at Mrs. Nicholson's residence, Thursday evening, in honor of Miss Jean Batt, whose marriage takes place May 19 at St. Paul's Anglican Church. The bride-to-be received many lovely gifts and the accompanying verses, were read by Miss Gloria MacKinnon. After this part of the evening a delicious luncheon was served by the hostesses.

The centennial Y's Menettes have finalized their plans for their annual spring Fashion Show sponsored by Holman's and held at the Y.M.C.A. this coming Monday and Tuesday. The models chosen for this occasion are: Mrs. E.J. MacDougall, Mrs. Charles Ballmer, Mrs. Jack Brown, Mrs. R.I. Jenkins, Mrs. J.P. MacPherson, Mrs. Clive Cudmore, Mrs. Temple Hooper, Miss Reta Shanahan, Miss Connie Chandler, Miss Eileen Jay, and Miss Joan Bowness. The teen-agers are: Patsy Shaw.

Mrs. Percy MacDonald, Convener of the Spring Bonnet Tea in her report thanked her committee and all the members who helped make the tea one of the most successful ever held. Considerable discussion took place on the Nurses' Graduation reception which is to be held on Monday May 14th. The annual meeting and dinner will be held on Wednesday, May 23rd. Mrs. Mitchell MacDonald and Mrs. Blanche Conway offered their services on the cart for the month of May.

ELLEN'S DIARY

Machines Don't Talk

"Wasn't that same thing in my mind yesterday, Ellen," James said this evening, looking up a moment from the paper he was reading while he waited the further shaping of an interesting event we were up 'at the other farm' nowdays to what they once were. Now listen to this: "Farmers of Canada's most affluent, most populous province (Ontario) are lonelier as they head into the moody belated crop season." "Fields are quieter. The Ontario farmer now talks to his wife, his tractor and himself. It used to be he could articulate with a half dozen big horses, a hired hand or two, and plenty of help spring and fall. Now the Ontario farmer feels just as lonely in his fields as the machine-rich, 'neighbor-poor' wheat producer on the Goose Lake line in Saskatchewan. Most of his callers are salesmen who want to sell him some new gadget that seldom talks back." "Proximity to city jobs is picking off farm help like crazy and the farmer is turning more and more to machinery. In Ontario the average farmer is getting out into his fields and making the most of his one head and two hands. But he's having a lonelier time since the horses, the hired hands and the children moved away." "And in many instances," James

lights, some of the swallow family came home today, back to old haunts of the meadows! "We've decided to go to bed for a while," James says, in now from a recent round of the barns. "There'll be no lambs tonight. There'll be a calf shortly, but not, I'd say, before daylight. Now let's wind up our day and be off. And let's not sleep too soundly, Ellen. What was it the old folks used to say? 'With one eye open' he smiles. "That's it then: with one eye open!" "Until tomorrow --- Diary --- Good-night."

To Wed In Medford, Mass.

Over fifty guests attended a bridal shower recently for Miss Doris Jamieson at the home of Mrs. Adam Jamieson, 13 Fourth Street, Medford, Mass. Many beautiful gifts were received by the bride to be. The evening was spent in dancing. A delicious supper was served by the hostess assisted by her daughters, Peggy and Pauline. Miss Jamieson is the daughter of Mr. David Jamieson and his late wife of Gaspereaux, P.E.I. She attended Notre Dame Academy and P.W.C. before going to Boston where she is now employed in a bank. Miss Jamieson will marry John Raymond Jamieson, son of Mr. and Mrs. Adam Jamieson, Medford, Mass. May 12th at a Nuptial Mass at St. James Church at 10:30 a.m. A reception will follow the Mass in Circle Hall Somerville Mass. Mr. Jamieson is a native of Medford. He is employed at the Bedford Air Base after serving in the U.S. Navy for the past five years. Their many friends here join in offering congratulations.



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- MEAT LOAF COOKED MAC. & CHEESE lb. 49c
- COD FILLETS BONELESS FROZEN lb. 33c
- FRUIT and VEGETABLES
 - Grapefruit WHITE JUICY 4 for 29c
 - Cabbage FLORIDA NEW lb. 9c
 - Carrots TEXAS NEW 2 lbs. 19c
 - Onions FRESH FIRM 3 lb. bag 29c



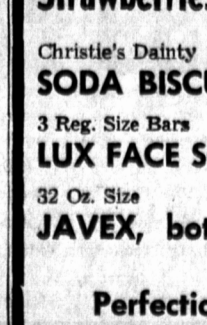
2 Bottles 49c



10 lbs. 79c



2 lbs. \$1.25



2 TINS 35c

SUGAR White Granulated 10 lbs. 79c

SHORTENING Jewel 1 Lb. Print lb. 25c

BUTTER CANADA ST GRADE 2 lbs. \$1.25

PREM Meat Swift's 12 Oz. tin 35c

TEA BAGS Lipton's 60's Using Coupon 69c

CONFIDENTIALLY YOURS

By Byrne Hope Sanders

MONTREAL, May 10th—I wish every child could know the joy of owning a Budge! Our gives us endless pleasure—he's so perky and gay. He's flying free now... and alights on my finger when I say "Ride!"... We've been going over the names so many of you sent in... searching for the right one! I'd still like to have more ideas to choose from. So let's hear from you. We've got to decide—soon! Please send your suggestions to me at Confidentially Yours, 1411 Crescent St., Montreal.

"The Eyes Of Home!"... that's what a friend calls her window. Keep your beautiful and sparkling clean always with WINDEX. You can do it so easily. Just spray it on. Wipe it off... and there's your glass—cleaner than it ever been. I'll wager! When you use the wonder-working Windex—there's no hardship on your hand or in the eye... no wax film left on the glass... it's really wonderful for all glass surfaces! Inexpensive too—Buy the handy 6-oz. size with the sprayer—then get the economical 20 oz. refill size at drug, grocery and hardware stores everywhere!

This Lady Earned \$10... for her favorite cheese recipe using a BORDEN'S CHEESE. Each week Borden's pays \$10 for the best cheese recipe—going today to Mrs. D. Kinnaird of Lac Beauport, Quebec, for this delicious recipe: SPAGHETTI CHEESE LOAF: 8 cups broken spaghetti, 1 clove garlic (or garlic powder), 1 1/2 pound pke. Borden's Chateau Cheese, 1 1/2 cups milk, 2 eggs, beaten, 2 1/4 tsp. salt, 1/4 cup minced parsley, 1 tsp. grated onion. Roll spaghetti with garlic in salted water until tender. Remove garlic; drain and rinse spaghetti. Place milk and Chateau Cheese (cut in about 4 pieces) in top of double boiler and heat until cheese melts; add to eggs. Add salt, parsley, onion and spaghetti; blend thoroughly. Place in buttered loaf pan. Bake in moderate oven at 350° for one hour. Serves 6.

Now—send your favorite cheese recipe to me at Confidentially Yours, 1411 Crescent St., Montreal—and perhaps you, too, will win \$10! But hurry!

Had Fun Last Night—and a minor triumph! Some young people came to dinner, unexpectedly—hungry as bears! I whipped up a couple of Strawberry Cream Pies with Royal Instant Puddings... then beamed with pleasure at their enjoyment! Do try these remarkable ROYAL INSTANT PUDDINGS yours—for puddings or pies—for parfaits, frostings and frozen desserts. They're so creamy and smooth... because Royal Puddings are all super-homogenized. Just mix with milk for one minute... no long wait to cool and set... no stirring over a hot stove—just perfection every time!

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COOK'S CORNER

2 cups seedless raisins
2 cups water
Simmer 10 minutes.
Then add:
1-2 cup brown sugar
1-4 tsp. salt
Thicken with 1 pkg. butter-scotch pudding powder dissolved in 1-2 cup water. Cool. Pour into shell, dot with butter, add lattice top and bake in hot oven.

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Girls Coats, Coat Sets, Burberries and All Weather Coats. Sizes 4 to 14x. Reg. to 29.50. Clearing at— 10.00 - 12.00 - 14.00

1 Group of Ladies' Dresses—including Formal (—sailed). Reg. to 39.50. Clearing— 2.00

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Ladies' Suits in Wool Tweeds, Gabardine, etc. Values to 49.50. 18.24 - 22.24 - 29.24

Girls' Jersey T-Shirts 64c and 84c

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Ladies' Coats—Tweeds and Plain Wool Materials. Values to 49.50. 22.24 to 32.24

Ladies' Nylon Gloves. Values to 1.00 Special .49

Sheets 81 x 90 Special 2.42

Children's Cotton Dresses 2-3-3x Special 1.00

125 men's Suits, Flannels and Worsteds, sizes 33-44. Values to 44.50. Sale 19.24 to 24.24

Men's Suits Nylon Gabs, Flannels etc. Plain and Flecked Patterns in Grey, Blue, Teal and Brown. 1 and 2 Pants. Values to 54.50. Sale 29.24

Men's Sport Coats in Tweeds etc. Also Blazers. Values to 29.50. Sale 14.24 and 19.24

Men's Topcoats, Nylon Blend, Tycondas, All-wool tweeds, etc. Values to 35.00. Sale 14.24 and 18.24

Men's Dress Pants, allwool tweeds, worsteds, checks, etc. Value to 12.95. Sale 5.24 and 6.24

Men's Jackets including gabardines, etc. Values to 19.95. Sale 4.24 and 6.24

Men's Jackets, satin lined Gabs, plain and fancy. Values to 14.95. Sale 8.24

Boys' Pants, sizes to 16 years, also Boys' Jackets. Values to 34.95. Sale 2.84

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Baking Powder	<input type="checkbox"/>	Pas	<input type="checkbox"/>
Baking Soda	<input type="checkbox"/>	Pudding Mix	<input type="checkbox"/>
Cereal	<input type="checkbox"/>	Pickles	<input type="checkbox"/>
Cake Mix	<input type="checkbox"/>	Rice	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	Salt	<input type="checkbox"/>
Catsup	<input type="checkbox"/>	Serviettes	<input type="checkbox"/>
Cocoa	<input type="checkbox"/>	Soaps-Toilet	<input type="checkbox"/>
Coffee	<input type="checkbox"/>	Soaps-Laundry	<input type="checkbox"/>
Cleaner	<input type="checkbox"/>	Starch	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	Soup	<input type="checkbox"/>
Face Tissue	<input type="checkbox"/>	Spaghetti	<input type="checkbox"/>
Flour	<input type="checkbox"/>	Shortening	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	Sugar	<input type="checkbox"/>
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