

LET'S EAT

Recipe For Marriage: Be An Excellent Cook

By Ida Bailey Allen

Young ladies' cooking clubs under the auspices of the YWCA were popular social functions throughout the country in the early eighties. Very often a group of "friendly girls" or "six brides-to-be," or a group of young marrieds would enroll in these cooking clubs.

Records show that even groups of young men—during their "wooing"—would enroll. The reason they gave was that they were "going camping" and simply had to have some instruction in cooking a good meal.

In April, 1881, the St. Louis YWCA opened a house for cooking and food instruction. In 1887, CLYDE RIVER W. I.

The April meeting of the Clyde River W. I. met at the home of Mrs. R. D. Matheson on Monday evening, April 4th. The meeting opened by singing "O Canada," followed by "Collect." Minutes of the two previous meetings were read, approved and signed. Roll call was answered by 13 members and one visitor, each giving a House Cleaning Hint.

Reports were given by sick and school committees and all bills pertaining to same were paid. All correspondence was read and dealt with: a home economics paper was read and a questionnaire filled in to be returned. The Government Grant of \$3.10 was received. A paper on C. A. C. was read and it was moved and seconded that \$1.00 membership fee be sent in. A thank-you note was also read. The secretary was instructed to write Mrs. Ruby Houle, director of "Anne of Green Gables" to see if it would be possible to have the play presented in Clyde River Hall. The next meeting will be held at the home of Mrs. John MacNeil. Mrs. Lorne MacNeil: roll call to be answered with exchanging of flower slips and seeds.

May being our gardening month it was decided to invite Mrs. Gordon Macmillan to give a talk on Gardening, as the program for the next meeting.

Collection for evening was taken and amounted to \$1.65. The feature of the evening was an instructive demonstration on living room planning and decorating, presented by Mrs. R. D. Matheson, which was much enjoyed by all. Following this the meeting closed by singing "The Queen."

Minutes of the meeting closed by singing "The Queen."

Bringing Up Baby

Hints Collected by Mrs. Sam Barber (Mother of 2)

Sometimes I think we all have a bit of the biographer in us. (Remember when you used to keep a diary?) Well then, how about keeping a record of baby's "firsts"? The first time he smiles back at you—the first time a coo comes out as a word—or a wobble miraculously changes into a step. Sprinkle liberally with snapshots and you'll have a fascinating review of your child's development. Fun to grin over in the future.

It's well worth knowing why so many doctors suggest Gerber's Cereals when it's time to start baby on solid foods. Gerber's Cereals supply baby with the nourishment he needs because they're enriched with iron, minerals and essential B-Vitamins. Good tasting, too—Gerber's Cereals have the smooth texture and mild, pleasing flavors that appeal to the very young. Try all five: Rice, Barley, Oatmeal, Wheat and Mixed Cereals.

Park-y idea. An ingenious mother suggests that the family percolator makes a swell substitute for a bottle warmer—especially for the 2 A.M. feeding. Can be placed on the night table at bedtime—plugged in when feeding time rolls around.

Bright idea division. An inexpensive flashlight is a good night-table accessory. It eliminates turning on an overhead light; spares dad's sleep; saves you many a fumble in dark halls. Modern models have plastic safety caps over lens which gives off a soft, diffused light.

Vitamin C... easy as 1-2-3. No squeezing or straining to give baby the precious vitamin-C he needs every day. Gerber's Strained Orange Juice is made from tree-ripened oranges selected for high vitamin-C content—mild, natural flavor—appealing true color. It is carefully processed to remove most of the peel oil, then pasteurized for purity. Gerber-Ogilvie Baby Foods Ltd., Niagara Falls, Canada.

HP SAUCE
Everyone's Favourite

Exercise Re-Shapes Figure To Slimmer Lines

By Ida Jean Kain

Solve this mystery: Why is it that one reducer can slip into a dress a size smaller than another reducer her same weight can wear, even though both have taken off an identical number of pounds and are the same height? The explanation is that one reducer exercised regularly and slimmed off inches while dieting to lose weight.

Since exercise is not an effective means of reducing weight, many of you are puzzled as to just where exercise fits into a reducing program. Exercise is slimming. Diet is reducing. Slimming refers to inches... reducing to pounds.

If your figure has spread, but you are not actually overweight, you do not need to cut calories. Exercise will restore tone to flabby muscles. With specific calisthenics, you can re-shape your measurements.

However, those of you who need to reduce must curb calories. To improve your measurements as you lose excess pounds, exercise along with dieting.

Some of you may remember the streamlining miracle of the overweight who lost 28 inches while reducing only 30 pounds! Many inquiries came in following that column, asking how this was possible. The miracle was brought about through streamlining calisthenics.

This young woman, the mother of four boys, two of school age, two younger, arose every morning at 5 in order to have time for her thirty minutes exercise period. Again, here are the exact measurements: Bust, from 40 to 35; waist, from 33 to 28; abdomen, from 44-3/4 to 36; hips from 43 1/2 to 37 1/2; thighs, from 25 to 21-3/4.

Not all overweights can take vigorous exercise. However, streamlining exercises need not be rugged. A smooth stretch with a slow motion side-bend takes little effort but slims the important middle measurement. If the doctor approves of exercise for you, take advantage of precision calisthenics... they work wonders. Special toning exercise in tomorrow's column...



powder and 1/4 tsp. salt. Add all with 1/2 c. milk.

Spread in an oiled 7" x 11" shallow baking pan. Bake 35 min. in a moderate oven, 375 degrees F. Cut in squares; serve warm with orange sauce.

TRICK OF THE CHEF
Try adding 1/4 pt. shucked raw oysters to the recipe for beef steak pie.

MORNING SMILE
Wilfred Pickles, the well-known British comedian, tells the story of a street-corner speaker who promised his audience that the day of Socialist liberty would all drive around in Rolls-Royces, smoking fat cigars. "But I don't like cigars," objected a member of the audience. "When we get Socialist freedom," retorted the speaker, "you'll ruddy well smoke what you told!"

For Colds use lemon and soda
Put the juice of one lemon in a half glass of water and add 1/4 teaspoon bicarbonate of soda (baking soda). Take this excellent neutraliser several times a day to help reduce acidity and relieve discomfort.

COW BRAND BAKING SODA
PURE BICARBONATE OF SODA

GOING ON A HOLIDAY?

GO ROUND IN THE BEST CIRCLES
IN NEW **3R BRA**

Go young with a smooth-contoured bosom line—made possible by 3R's ingenious circular stitching—firm yet flexible! Because of this special stitching your 3R Bra clings as it s-t-r-e-t-c-h-e-s...fits you perfectly with every move you make! Ask for it by name. Also in longline style.

GO GOTHIC
GO SLIM, TRIM AND AT EASE

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ELLEN'S DIARY

by an Island Farmer's Wife

"Did you get the herring yet for James?" a farmwife asked today in her welcome letter; a chuckle in this added postscript. He mentioned it this evening when he chatted with a visiting farmer, one who declared "I was alling for a day or two. But whether it was this here 'Flu that's on the rounds or not, I don't know."

And James remembering his own spell of enforced rest, smiled ruefully and remarked, "Well, if you had it, it's likely you would know! It's the mean misery. Not that one is getting for so long, but it's the aching better that is so tedious. And a fellow's appetite goes! Nothing tempts one—soups, jellies and suchlike are only so much tasteless stuff. The first food that tasted good to me" he nodded "was a piece of salt herring, Ellen cooked—and a blue potato... Got the fish at the Corner—good too!"

"Like giving a cud to an ailing calf" we laughed, now days of concern over and we oldish ones pretty well "out of the woods."

"Once in a number of years is plenty often to come down with it at any rate" James said. "This last bout should make us immune for a while."

This day full of sun and breeze and a now-dry yard, was one especially given to us in which to wash a house-cleaning wash. James shook his head. "Now if I were you Ellen, I believe I should let well enough alone for a day or two. Get a cold now, and where will you be? Aren't you doing well just to be around again without fretting your heart out over getting the bit of cleaning done?"

And a sparrow, a plain little housewife of a thing but enviably smart flew up to a broad eaves' nook with a feather in her beak, hopes high? Aye, hopes high in her building and furnishing. At length would she line her home with down shed from her own body, as we housewives give of ourselves heart and soul in revealing touches to the rooms we now in the engaging spring-season clean, and once more make new?

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

Yue-Catching Wedding Vows Exchanged At St. Paul's Church

St. Paul's Anglican church, Charlottetown, was the scene of a lovely spring wedding on Saturday, April 23, when the Rev. Canon J. T. Ibbott united in marriage Betty, only daughter of Mr. R. H. Cotching and the late Mrs. Cotching of Rosedale, Northampton, England and Dr. Kwok-Wai Yue, son of the late Dr. and Mrs. See Mo Yue of Canton and Hong Kong, China. The chancel choir was in attendance, and Mrs. G. A. Chan presided at the organ.

The bride, who was given in marriage by Dr. P. A. Creelman, was charming in a period gown of ivory Italian brocade. She wore a finger-tip veil falling gracefully from a matching ivory brocade cap and carried a cascade bouquet of pink sweetheart roses and white hyacinths.

The bridesmaid, Miss Dorcen Turner of Derby, England, wore a gown of pale blue brocade with white cap, and carried a nosegay of white carnations.

Dr. G. A. Chan supported the groom. The ushers were Mr. Dan Chan of Summerside and Mr. James Morris of Charlottetown. During the signing of the register, Miss Barbara Rogers sang "O Perfect Love."

Following the ceremony, a reception was held at the home of Dr. and Mrs. G. A. Chan, 25 Goodwill Avenue. Baskets of pink and white snapdragon and tall pink tapers decorated the living room and dining room. The bride's table was centered with a three-

Cook's Corner



JELLY ROLL

3 eggs
1 cup sugar
1 cup flour
1 tbs. cream
2 tbs. hot water
1 tsp. cream tartar
1/2 tsp. soda
Pinch of salt
1/4 tsp. vanilla

Beat the eggs until light. Add sugar gradually while still beating. Add cream and water. Flour, salt, cream tartar and soda and add to above mixture until light. Put in flat pan. Bake ten or fifteen minutes. Take out on wax paper and spread upside with jelly and roll up.

Words Of The Wise

Music demands of us men and women that we attain a composure, an inwardness that will enable us to raise to life something of the deep spirit that lies within it. — (Albert Schweitzer)

Household Hint

If you get lonely when you are ironing, mending or doing some other jobs around your home, why not invite a close neighbor to bring her similar jobs to your house? Working and chatting together will make the chores of both much pleasanter.

Wife Preservers



You will not muss your hair or get lipstick streaks on dresses or pillowcases if you buy a new nylon mercerized cap that fits snugly over your head down to the neck, and slips up the front for easy off-and-on. It can be washed and it dries quickly.

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that's the way of all brownies made with

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