



AFRICAN CHIEFS AT I. C. W.

Nigerian delegates to the International Council of Women, meeting in Montreal, display their finery. Chief Wura Esan admires the tassels on Chief Elizabeth Adeboke's dress. About 450 delegates from about 36 countries will attend the conference this week. (AP Wirephoto)

LET'S EAT

Steaks Guaranteed As You Like Them

By IDA BAILEY ALLEN "See, Madame," said the chef, "there is something new under the sun! It is a testing gadget used to determine the exact doneness of steak!"

The occasion was a dinner given at the Treadwa Inn, Rochester, New York.

"This gadget is a temperature-control steak cooking tester," he continued.

"First, the patron examines a card clipped to the restaurant menu. Here is one for you, Madame. On it you will see 6 numbers, 1-barely cooked, 2-rare, 3-medium rare, 4-medium, 5-medium-well and 6-well done.

COLOR PICTURES "See the color pictures on the card? They indicate the color of the interior of the steak that, when cooked, will correspond to the number. Now check the doneness you desire and sign your card for you, Madame, are going to have a steak cooked exactly as you like it by means of this new gadget control."

"The chef will insert it into the steak. As the needle of the meter moves, he knows the exact degree of doneness. When served, the patron cuts a small slice and verifies the interior for color and doneness by comparing with the color card."

PERFECT STEAK Within minutes my steak arrived, temperature - control-cook - a perfect medium rare.

"I understand that similar steak cooking control testers will be on the consumer market before long, Madame."

Monday Steak Dinner: Tomato and lettuce salad; broiled steak; sauce bearnaise; flaky potatoes; succotash chili; orange calfion dessert; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Succotash Chili: Sauté 1 tbs. minced onion and 2 tbs. minced green pepper in 1 tbs. butter. Add the contents 1 (No. 2) can

cut string beans and 1 (No. 2) can drained corn kernels. Heat and season to taste with salt and chili powder.

Orange Chiffon Dessert: Sprinkle 1 envelope unflavored gelatin in ¼ c. cold Florida orange juice in a saucepan.

Blend 2 3 c. sugar, 1 tbs. flour and ¼ tsp. salt. Add to the gelatin. Mix thoroughly. Stir-cook over medium heat until the mixture slightly thickens.

Remove and add 1 tbs. grated orange rind, ½ c. additional orange juice and 2 tbs. Florida lime juice. Refrigerate until slightly thicker than an unbeaten egg white.

Whip 2 3 c. icy cold evaporated milk. Fold in the orange mixture. Spoon into sherbet glasses. Refrigerate 4 hrs.

Garnish with orange sections or a whipped topping.

To Whip Evaporated Milk: Chill milk in the freezer tray of the refrigerator until ice crystals form around edge. Turn into a chilled bowl. Whip with rotary beater or high speed electric mixer until stiff.

Family First Then Leadership Says Nigerian

MONTREAL (CP) - Women's problems and interests are pretty much the same everywhere, say two Nigerian delegates here for the 10-day International Council of Women triennial conference.

Chief Wura Esan and Chief Elizabeth Adeboke say they are family-conscious first and leaders of women's movements second.

"In Nigeria, a woman must have her husband's faith and enthusiasm if not his permission before she does much work outside her home," said Mrs. Esan.

"But that is true everywhere, isn't it? First comes your own family, then your community and your work."

The town women, both of Ibadan, capital of Nigeria's western region, were given the honorary titles "chief" in recognition of the work in education.

The women were interviewed while preparations went ahead for today's official opening of the convention.

Both said they studied to be school teachers. Mrs. Adeboke taught for 12 years before she began in 1947 to write articles on women's rights for Nigerian newspapers.

In 1952, she founded the women's movement of Nigeria, of which she is president.

Mrs. Esan continued her work in education and is principal and founder of a school for 600 boys and girls.

The prime interest of both of them is educating women to hold their own in the Nigerian government. The Nigerian government is very emancipation of women, they said.

Both are mothers. Mrs. Adeboke has two daughters, one of them interested in women's rights and the other in education.

Mrs. Wura has two daughters and two sons.

Snap Princess With Shoe Off

LONDON (Reuters) - Princess Margaret, with an agonized grimace on her face, slipped an aching foot out of her shoe at the Derby at Epsom Wednesday.

DANCING DRESS

On the lookout for a pretty dance dress for a Junior Miss? Well, here is one that mother and daughter are sure to agree is an ideal choice. The fabric is white silk with a delicate print of pink and red roses and green leaves all lightly scattered for a delicate design. Dark green grosgrain ribbon is used across the bust, back and waist, from which gathers form the bustline. They flow from the waist below into a full skirt of the same length favored

by Vera Winston

to slip off her shoes becomes irresistible. Says the Daily Sketch: "Paris does us for mentioning it, but someone's dogs are barking."

Women

Lena Caroline McLure, Women's Editor, Phone 8506

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HAPPENINGS

Mrs. A. K. Richardson, president of the national chapter of Canada, Imperial Order Daughters of the Empire, is in Montreal to represent the I.O.D.E. at the formal opening of the triennial meeting of the Inter-National Council of Women.

Mr. and Mrs. J. A. Likely and Mr. and Mrs. L. D. MacKay are entertaining this Friday evening at a square dancing party.

Mrs. Ralph P. Van Alstine is being feted by her numerous friends prior to her departure for Vancouver where she, her husband and family will make their home. Mrs. Van Alstine has been a great favorite and much regret is expressed at the departure of the Van Alstines. Many good wishes are extended to them for happiness in their new home.

Group 2 of the Junior W.A. of Trinity Church the Hungabee group entertained at dinner recently in honor of Mrs. Van Alstine and Mrs. James Vatcher at Oakwood. Mrs. Edgar Hayes, president of this group, Mrs. Vatcher leaves later in the autumn for her new home in Nova Scotia.

Group 8, the Brighton group, entertained at a luncheon for Mrs. Alstine at Oakwood. Mrs. George Sheolun is the president of this group. A very lovely address was read to Mrs. Van Alstine in recognition of her work and happy associations with the group.

Mrs. George J. Tweedy assisted by all the Junior W. A. group, approximately seventy members, entertained at Mrs. Tweedy's in honor of Mrs. Van Alstine.

Mr. and Mrs. Van Alstine and family will be the guests Sunday.

Mrs. Ernest MacLeod and Mrs. Leigh Donald are entertaining for Mrs. Van Alstine Tuesday afternoon at Mrs. MacLeod's.

Mrs. Earl Taylor will entertain at a coffee party, Wednesday morning, for Mrs. Van Alstine.

A very lovely idea in parties is that of one which is to be given in the form of a coffee party by Mrs. Van Alstine at 41 York Lane. At this time Mrs. Van Alstine will have her former neighbors in to welcome the new residents who are Mrs. (Dr.) J. H. O'Hanley and Mrs. Reginald MacNutt.

Mrs. P. N. Manuel left this week for Vancouver, B.C., on an extended visit to her son Mr. Lloyd W. Manuel, M.A. Mrs. Manuel and grandson David.

Mrs. Leo Frank, who has been visiting in New York City, is now in Milwaukee visiting her sister and other members of her family. Mrs. Frank expects to be on the Island in two weeks time.

Dr. and Mrs. D. W. Miller and their two children, Betty and John were recent guests of Dr. and Mrs. T. A. Laidlaw, 48 Summer Street.

Miss Elita Astrop and Mrs. Evelyn Rodgers have arrived by plane from California to spend the summer at Bay Fortune. They have been registered for a short time at the Queen Hotel.

Mrs. Wesley Dennis, Mrs. W. R. MacNeill, Mrs. Wendell Worth, Mrs. Jean MacLean, Mrs. Randolph Manning, Miss Kay Sutherland, Miss Kay MacRae and Mrs. Wilfred Hunter spent last weekend in Halifax. They were registered at the Lord Nelson Hotel.

ELLEN'S DIARY

James Wisely Comments On Business Of Farming

Did ever robins sing more happily than those which trilled in the lawn-trees this morning? Or swallows wing more blithely? And was ever a day more promising and beautiful than this one which came in to us on gentle steps from the wide-flung bright gates of the east?

"Well, I'm glad it's fine," James said, stepping off the back veranda into his new day. "I never like to see the cattle go from the place in rain - seems kind of dismal. It's bad enough having the empty stalls left in the wake of it," he smiled a bit wistfully.

James reaction to this spring disposal is we fancy such as we might entertain if we had cared for a choice roebush up to the point of its budding. And then day by day still nurturing it, watched the buds unfold and reach the full blossom. Beautiful! Aye, lovely products of the husbandman's care. And then at a whim we gather them to a vase. And the bush is bereft of its brightness and charm. So we can appreciate it is with James, when the fat cattle have gone from the stables.

"I don't much like the look of that bridge of yours, Ellen - she don't look too safe for any load!" the truck-driver commented in the barnyard, the morning still new at shoulder.

"Did you try it?" he giggled, puffing in mind a puny man stultifying his heaviness against the stout strainers and all there. No puny man though as this farmer turned transport-man, but hefty and firm Goodnight. . . .

Summertime Is Salad Time - Planning Helps

By MARY BURKE Canadian Press Staff Writer TORONTO (CP) - Summertime is salad time and appetites know no holiday. Good planning will lighten the three-meal-a-day chore.

The secret of perfect salads chilled plates. They must appeal to both the eye and the appetite. There are green salads of wide variety and also the "heartly" salad which contains meat, fish, cheese, eggs, peas or beans. Nutritionists speak of the latter as a tissue builder.

LIKED BY MEN The "heartly" salad is most popular with men - and a good party. Dessert and coffee complete the meal.

Refreshing fruit salads find favor among women. They can be made with canned or fresh fruit. To prevent fruit discoloration sprinkle a small amount of lemon juice over the fruit.

Salads may be served frozen, jellied or crisp and colorful. In making them, you should visualize the finished product - a bouquet.

The secret of a good salad is to have the vegetables cold and crisp. First step is to wash the greens in cold water, shake and pat dry on a towel.

MARY HAWORTH

Makes A Joke Of Her Crush

Dear Mary Haworth: I have a girl friend I'll call her Margy who is 13. She likes this boy, Bill, who is 17, who really enjoys hurting girls. He is out for fun pre-tends he likes them (says he thinks he does); and I know he makes out plenty with dance with Margy, just to get her mad - and he makes bets with other boys that she'll get mad. Otherwise, he is a nice boy, good-looking, with money and wonderful personality. He treats some girls like dirt beneath his feet, as Margy knows - but still she likes him and is willing to get hurt.

It was rumored some time ago that Bill liked another girl, Cathy, who is 17. They often walked arm-in-arm, but Cathy doesn't make out, and she liked Bill only as a friend. She and Bill are still good friends, but Margy thinks he likes her Margy.

NO RESPECT FOR MARGY Bill and Cathy dance together at parties, and kid like mad if they meet elsewhere; but that's all. So far as I know, Bill doesn't like Cathy specially; but he gives no clues either way. However, if he treats her very nicely, and if she has an argument or disagreement, he pushes it up at once. He respects her very much - and he doesn't respect Margy.

As Margy's best friend, what can I do to discourage her from liking Bill? What can any of us do to help her put him out of her mind for good?

If anybody asks "Why does she take a liking to Bill," somebody else always says, "It's because she's so young." But I am only 14, and I wouldn't let a fellow treat me like that K.S.

BIG JOKE TO HIM Dear K.S.: To put the picture in perspective, Margy might be a freshman in high school, and Bill, a senior classman, I suppose. And no doubt, he is embarrased, sociologic and defensive, amongst his peers (his fellow seniors), about the matter of robbing the cradle, and taking advantage of a baby - and so forth, and so on - as regards Margy.

To cover his embarrassment and to draw out his shame of science, he can't help feeling, even though he may not admit, the existence of conscience - he makes a big joke of her crush on him. He is double-dealing, in terms of professing publicly that he couldn't care less thus giving the lie to his private behavior with Margy, which encourages her to think she is important to him emotionally.

His bets with the boys about not dancing with her, to get her goat, are a face-saving excuse for snubbing her at social events. He snubs her in public because he's ashamed of his relationship - ashamed of his part in it, for being an all-around heel with a kid who is fascinated by him.

PLAY THE FOOL Now, about Margy: She is playing the fool, of course, in fancying herself a siren at age 13, who might capture Bill's heart with trollop behavior. And it seems a pity that she has only her crowd at school, and a 14-year-old best friend (nearly you), who are on their toes, trying to help her get straight in her mistake. Don't any of your kids have parents at home, with whom to discuss these things?

I have written bluntly, in the hope that plain words may open Margy's eyes to her folly. Both Margy and Bill have much the same handicap in the field of romance. Each is completely infatuated with his own little self, and each in this instance is morbidly enjoying the "sensation" of being taken about, in reference to the other, no doubt. Cathy sounds like a first-class person who really knows how to behave. M.H.

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

PALMER ROAD C.W.L.

The May meeting of Palmer Road C.W.L. was held on Sunday afternoon, May 19th. Meeting was opened by president. In the absence of director Rev. Father Walsh, the secretary read the League Prayer. 26 members answered the roll call.

Minutes of last meeting were read, approved and signed. The treasurer reported \$119.39 on hand. A bingo held in May realized the sum of \$63.61. It was decided to hold another Bingo on June 13th. Money was voted for a dozen By-Law books for members. It was also decided to pay two subscriptions to League magazine, one for director and one for members.

The director then spoke to members especially asking their help in dealing with indecent films. Meeting was adjourned by reciting the Act of Consecration by members.

UNION RD. W.M.S.

The Union Rd. W. M. S. April meeting met at the home of Mrs. Harold Yeo. Theme of meeting "So send I you." Devotional period opened by singing "Come Ye Saints," followed by Lord's Chapter 28, 1-10, St. John, Chapter 20, verses 19-21. Acts 1-1-18 acts 2-41, 47 acts 4-32-35. Temperance reading by Mr. Mallett.

"The Fian Transfer," hymn "The Church's One Foundation," followed by Christian prayer, Mrs. Lamont, stewardship reading, Mrs. Lamont.

Minutes read and roll call was answered by nine members. For entertainment, A reading by Marjorie Lamont, "Toward Evening," Mrs. McArthur, a reading, "The Unforgettable Gift." May Programme committees for May

MORNING SMILE

"I do so love Mr. J's company," sighed the ravishing blonde; "it's a big one, and he's president of it."

KEEP IN TRIM

Exercise Routine For Beautifying The Thighs

By IDA JEAN KAIN The swim suit season is barely six weeks away. The new suits are most flattering—they cover modestly while emphasizing shapeliness. But there is no blinking the fact that the figure faults which cannot be concealed are those thigh bulges on the chunky gals, and spout bulges on the thin gals.

The front of the thigh is usually firm for those are the muscles used in walking and in standing. Also they are brought into direct action in climbing stairs and in rising and sitting down. But the muscles which flank the inner and outer borders of the thighline are not used in everyday activities, and tend to become flabby. Since fat gravitates to flabby muscles, the overweight is prone to thigh bulges. Hollows along the inner thighline are the result of weak musculature.

Specific exercise is the answer. The first exercise reaches the inner thighline. Stand with feet apart, have hands on hips, or on chair if support is necessary for balance.

Movement—Bend knees inward, slowly and deeply, bringing knees together at the sides. Straighten up again, bend knees again and repeat about 4 times, slowly.

The second exercise reaches all thigh bulges. Position—Lying on left side, with palm of right hand braced on floor for support. Have legs straight out, right leg resting on top of left leg.

Movement—Raise top leg, then bring the lower leg up to meet it. Repeat 4 times, slowly, always holding the movement. Change sides, repeat 4 times.

In the final exercise, though the position sounds complicated, the exercise is actually easy, but most effective. Position—Get in a side position on the floor, leaning on right forearm. Have palm of left hand braced on floor. Left knee bent, sole of foot on floor.

Movement—Raise right leg from floor slowly and lead with heel. Hold for count of six, then lower. By leading with the heel, those in take the action. If you wear a heavy shoe, so much the better for the added weight makes the muscles work harder. Repeat 3 to 4 times. Change sides, repeat.

Dancers, particularly the ballerinas have strong thigh muscles and beautiful thighs. Any exercise fashioned on the dance movement is most helpful. Join a dance class if you prefer. It's fun and figure fixing.

Six Foot Square Kitchen Can Produce A Square Meal

By IDA BAILEY ALLEN The charming one-room apartment, decorated with rosy daperies and upholstery, had a warm, welcoming glow. Plants bloomed on the window ledge and lighted terrace. A card table, ready for dinner for two, was set with a lace-cloth, pastel pink and green dishes, gleaming glass and in the centre, a small vase held a pink rose.

I was in the home of Phyllis Pearce and her mother, who is known as "Ducky." Both are career women. Phyllis is a beauty specialist and Ducky is interested in hospital aid work.

"Do stay to dinner," urged Phyllis, "or at least have an aperitif. Ducky's in the kitchen." LITTLE ROOM The kitchen turned out to be about 6 feet square.

It had a small refrigerator, a 2-burner electric plate and a place boiler ovenette. The cupboard shelves were curtained with lace over rose pattern.

"I'm roasting chicken, British style, with a forcemeat filling," explained Ducky. "Early today I baked a two-pound British coconut cake in the ovenette and now I'm going to cook broccoli. I always use fresh vegetables. The salad is tossed and the sauerkraut appetizer is ready."

KITCHEN HANDICAPS "Kitchen handicaps don't stop you from cooking a good meal," I laughed.

"Ducky's friends say she could cook a meal over a candle flame," volunteered daughter Phyllis. "In fact she did in London, during the blitz."

Unfortunately, Ducky gave me a preview of her excellent roast chicken, cut several slices of coconut cake for me to take home to taste, and gave me her recipes for both. Here they are:

meeting, Mrs. Brent McMillan, and Mrs. Earl Livingstone. Colan was taken, amounted to \$6.85. Next place of meeting, Mrs. McArthur. Meeting closed by singing "Mary the Saviours' Tomb." Missp. Benediction, Lunch was served by hostess and a social hour spent.

The May meeting of the W.M.S. at the home of Mrs. Walter McArthur on May 13. Theme of meeting "Home Missions." Opening hymn "We have heard the joyful song," followed by all repeating Lord's prayer.

Scripture reading, Matthew Chapter 25, verses 31-46, "Jesus shall reign" was sung and sentence prayers repeated. Christian stewardship reading by Mrs. Lamont. Roll call was answered by 8 members. Minutes read and approved.

A letter from friendship secretary was read by Mrs. Sterling Yeo. Thank You cards were read. Ye sent during illness from Mrs. Gill and Mrs. Hardy. For entertainment, Mrs. Brent McMillan, a reading "Crippled Tom."

Mrs. E. A. Livingstone a reading "Teen-Age Sue." Programme committee for next meeting, Mrs. Mallett and Mrs. Newman. Collection amounted to \$5.06. Meeting closed by singing "From Ocean unto Ocean" and Benediction. Lunch was served by hostess and a social hour spent.

CARLETON W.I.

The regular monthly meeting of the Carleton W.I. met at the home of Mrs. Frank Quigley on Monday evening, May 13th. The president presided and opened the meeting



SLEEK AND NEW

This exciting water velvet swim cap is as sleek and glistening as a seal and takes to the water just as enthusiastically as that aquatic animal. The new fabric looks like velvet and feels like velvet, but is completely water-proof. This style is in black with pink and blue water velvet ribbon trim and also in black with red and green, and white with red and blue.

Fatigue Is Marriage Foe

VANCOUVER (CP) - A Toronto woman gynecologist says men are the shock troops in the battle of the sexes but women are the tacticians.

Dr. Marion Hilliard, who has published seven articles and a book on women and their psychology, is here to attend a YWCA convention.

The primary ambition of women is to get a man, Dr. Hilliard said in an interview. Their apparent unconcern, sometimes, with men who are courting them is part of the strategy.

She said a woman's role is to complement the man. But although women play their hand masterfully in snaring a man, they drop the strategy after marriage, Dr. Hilliard said. This was one of the greatest weaknesses of marriages.

The greatest enemy of women in marriage however was fatigue. "The extra effort that makes a marriage worthwhile is sometimes buried under a burden of household routine."

HALF CENTURY CLUB

The regular meeting of the Bequete "Half Century" club was held at the home of the president, Mrs. Walter Leard, on May 27th. The president opened the meeting by reading a poem entitled "Keep Your Dreams." Important business was considered. Such as village improvements, in the way of beautification, of grounds for tourist tables. The program consisted of contests and a demonstration

TOMORROW'S DINNER

Spicy Kraut Appetizer: Roast Chicken British Style; Broccoli; Lettuce Salad; Coconut Cake Slices and/or Strawberries; Hot or Iced Coffee or Tea.

FROM THE CHEF Spicy Kraut Cocktail: Combine and chill for 1 hr. 2 c. sauerkraut juice, ¼ tsp. oregano, 5 whole cloves and 3 drops Tabasco. Strain before serving.

COOK'S CORNER

QUICK OATMEAL COOKIES ¼ cup of shortening ¼ cup of butter ¼ cup brown sugar ¼ teaspoon baking soda (mixed with 2 tablespoons hot water) 1 cup quick oatmeal 1 cup flour ½ tsp. vanilla Form in balls and flatten with a fork. Time: 8 to 9 minutes. Temperature, 350 degrees.

MY FAMILY LOVES THIS RASPBERRY Double-boiler Pudding!

Grease upper pan of double boiler generously. Measure into pan 1 ½ c. (10 oz. can) canned raspberries and syrup ½ c. granulated sugar 2 tps. corn starch Mix well and set aside.

Sift together 1 ½ c. once-sifted pastry flour or 1 ½ c. once-sifted all-purpose flour 1 ½ tps. Magic Baking Powder ½ tsp. salt

Creer: 3 tps. shortening ½ c. granulated sugar 1 egg Combine ½ c. milk ½ tsp. vanilla ½ tsp. grated lemon rind

Add dry ingredients to creamed mixture alternately with flavored milk, combining lightly after each addition. Turn into double-boiler over raspberries. Cover closely and cook over boiling water until batter is cooked - about 1 ½ hours - add boiling water, if necessary, to under pan.

MAGIC Protects all your ingredients. Get lighter, finer-textured results... buy MAGIC Baking Powder today.

Turn hot pudding out onto a deep serving dish. Pass chilled custard sauce or pouring cream. Yields 4 or 5 servings.

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