

KEEP IN TRIM

Stop Eating Before You Acquire That Full Feeling

By Ida Jean Kain

Nature gives a satiety signal, but only human to deliberately ignore it simply because food looks appetizing, smells tempting and tastes delicious. In short, it is trained appetite, not true hunger, that entices us to continue eating a little longer, although at the time it may feel like hunger.

The real test is how you feel thirty minutes after the meal when the digestive processes are carrying on. A crowded feeling around the beltline is a sign that the system is having to cope with too much food.

So, the time to snub appetite up short and thus control weight is just before the completely satisfied feeling sets in. Test your appetite. Would you like another serving of vegetable or a thin slice of the lean side of the roast, without gravy? If you still feel really hungry for the main part of the meal, have a small second helping.

However, if your "hunger" is not for the good hearty foods, and you would relish only a hot roll or something sweet, chances are you have satisfied true hunger. Beyond this comes selective appetite.

At this point, if you will take your hot beverage into the living room and sip it leisurely, you will feel quite content. When you are trying to cut appetite down to size, in a restaurant, order just a beverage after the main course. This is always more difficult when dessert comes with the meal and you are paying for it anyway. Solution—choose a meal that does not include dessert.

Family Service

Employee Takes Exception To Reply

Dear Mary Haworth: A reference to Family Service in your column of February 15 is bringing us a great many letters and phone calls from troubled people. We are steering these people whenever possible, to our member agencies for professional services. We follow your column and are glad to be useful in this way.

Since being forthright is a virtue you cherish, I am assuming that you will want to hear from us on points of accuracy or professional experience which we feel might be useful to your work.

In regard to your column of February 15—based on a letter from the mother of an unwed pregnant daughter—we have two points:

1. Our staff person who handles mail and calls from people wanting help is Mrs. Alice Adler, Family Life consultant. You gave the name of Miss Virginia L. Amos, Field Director.
2. In your reply to the mother you suggested that a solution for the young girl and her expected baby might be to marry the boy... and later secure an annulment or divorce. Our feeling is that such planning would be highly undesirable... We doubt if one error can be corrected by embarking upon another.

SALES TALK

What of the effects on the child? He has gained a father's name but hardly a father... Unless (the girl's) parents assume financial responsibility, she may find it necessary to release the child for adoption.

It might be that both mother and daughter will decide that the child's welfare is best served by a plan to permit its adoption, at birth, by a couple whose marriage is secure and who are prepared to give the

Words Of The Wise

First, man learns to talk. After many years he learns to keep still.

—(John W. Raper)



Margaret And Journalist Fiance

Margaret Truman, daughter of former U.S. President Harry Truman, is shown in New York with Clifford Daniel Jr., a news correspondent, whom she will wed next month in Independence, Mo. The exact date had not been set. Rumors of the romance followed a weekend visit of Miss Truman to members of Daniel's family in Zebulon, N.C. Daniel has been assistant editor of the foreign news section of the New York Times, since returning from an assignment as Moscow correspondent.

ALICE BROOKS DESIGNS

CHEER UP CHORES!

Strike a colorful note! One-day motifs are easy to embroider on kitchen towels! They're pretty shower gifts, bazaar finds, too. Fun to embroider and display! Pattern 7311 has seven transfers—a different one for every day. Each design is about 5 x 7 inches. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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WISE PARENTS RECOGNISE THESE SYMPTOMS

Fretfulness, restlessness, loss of appetite—these are all warning signs in your child that may well mean worms. Don't take chances—get quick relief, get Dr. McKenna's Deslime Worm Candy. Easy-to-take, it has been a trusted, inexpensive remedy for over fifty years. Get Dr. McKenna's Deslime Worm Candy from your own drugist.

Write for free booklet on worms to The W. H. Constock Co. Limited, Brockville, Ontario K2J 2A4

7311

by Alice Brooks



Mrs. Lionel Massey, daughter-in-law of the governor-general, is the only woman in the party accompanying Mr. Massey on his 17-day tour of the High Arctic. She wears on the 10,000-mile trip. (CP Photo).

Ready For The North

compensating Mr. Massey on his 17-day tour of the High Arctic. She wears on the 10,000-mile trip. (CP Photo).

ELLEN'S DIARY

A Typical March Day

We could catch the voice of Spring today in the crow-caw sounding along the hilltops. And hearing we called to James in the yard, "Would you listen to that! Isn't that what you've wanted to hear!" And with it came thoughts of ice pushing off from the shores, and the streams and little brooks shrugging off their white edges and slipping once more into the song of the free. In woodland-places the sap would be stirring presently, given the sunny days and the frosty nights which make ideal weather for its flow.

Would a new generation of farm-lads learning something of the mysteries of the sugar maples from a dad or a granddad or a mother remembering it just might be, step away to the bush this March with sugar and spile and honey-pail or larger, to search out one giant for tapping, to savor the unforgettable cool sweetness of its subsequent flow? Absorbing with the flavor as we would have them do, something of the exquisite peace and healing of solitary places and the rare charm of Nature in her woodland gown; to feel her clean breath in young faces, her charm in the depths of young hearts; to make fine and lasting memories of their young spring-times to stay and keep them self-respecting and upright in their ways, even to the Land's Ends to which they may later stray.

Pleasant this day was. "Like one in March" a farmer enjoyed the pun he offered this evening when he looked back to take stock of his hours. It was indeed, a typical March day when in the mildness and sunshine prevailing, stream-lets ran down from the hill sides with gay ripples of laughter seeking out the millstream in their course. And about the yard we heard with the echoing crow-caw, these chuckles of the thawing, and another strain added, one familiar on an island farm, now, the motherly loving of a cow for her new-born calf, the blithe cackle of fowls, the wee bleats of the lambskins.

"How many have we now? Let me see," Mack, who all of a sudden has mastered the meaning of numbers, stopped to reckon it. "There are six now. That's what I make it, but," he was puzzled, "it seems to me there should be more than that. Oh I know," he brightened. "There's that one there in the carton behind the stove, that granddaddy brought in to

CENTRAL QUESTION

And then I added, "as the principals are minor-age (and if your religion permits), a quiet divorce (or annulment) might follow later. But consult your family lawyer or spiritual director on these points. I didn't formulate finalities. Rather, I was careful throughout to direct the correspondent to professional sources of leadership, namely: the Family Service the Florence Crittenton Association, and the lawyer and spiritual director aforementioned.

Perhaps I should emphasize that all my comment was related to the mother's central question. She had asked, in effect, if there was a possible humane alternative to "placing our daughter in a matter nity home, and later giving the child for adoption?" She coupled this question with another: "How do you go on living with the thought that your own grandchild is lost to you forever?"

Hence my tentative theory that a way may be found, that is decently compatible with legal and moral and social propriety, to constructively keep the child in the family. And I sincerely hope that all professional counsellors aren't closed-minded to this idea. M.H.

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

BREADALBANE W. I.

The regular meeting of the Breadalbane Village W. I. met at the home of Mrs. Millage MacLeod on March 12th. In the absence of the president, Mrs. Hedley Woodside presided and opened the meeting by singing of Ode, followed by repeating Mary Stewart Collect in unison. Roll call was responded to by nine members by passing in a small article for sale.

Minutes of last meeting were read and approved. Reports of committees were given and the following new ones appointed: sick, Mrs. Colin Matheson, Mrs. M. MacLeod school, Mrs. Angus Gillis, Mrs. Elton Somers; lunch, Mrs. S. Glover, Mrs. Colin Matheson, and Mrs. Hugh MacKay.

Correspondence was read. Several articles of Red Cross work were passed in. Two members paid for Federated News. Donation was acknowledged, this was followed by auction. Mrs. Cuyler Matheson invited the members in her home for next meeting. Roll call to be answered by exchange of flower slips. It was decided all ladies of district make 4 lbs. of candy for sale at concert. This is to be packed at Mrs. Woodside's Monday afternoon.

Collection was received and meeting closed by National Anthem after which lunch was served by hostess, assisted by committee in charge.

BUSY WATERWAY

The Erie canal was opened in 1823 as a commercial waterway between Buffalo and New York City.

GREAT DETECTIVE

Sherlock Holmes first appeared in Conan Doyle's story "A Study in Scarlet" in 1890.

Party Dress

Carrying a bouquet, gift of an admirer, Princess Margaret is shown arriving at the Cafe de Paris in London for a party. Her gown was the centre of attention of other guests.

LET'S EAT

Homemakers Become Noontime Snackers

By Ida Bailey Allen

Are you a noontime snacker? If so, you are one of the great majority of the 45 million women who do not go to business and who lunch alone at noon. Does this routine seem familiar?

First act in your day's nutrition: A hurried cup of coffee, some juice and toast for breakfast, snatched while dispatching the family to work or to school.

WARMED-OVER COFFEE

Second act: A cup of warmed-over coffee and a piece of cake during the morning to make up for a skimpy breakfast.

Third act: Lunch. A little of this, a bite of that, usually gleaned from accumulated left-overs in the refrigerator—often not even reheated and eaten while standing at the kitchen counter. You begin to feel task-ridden, tense and sorry for yourself. You think of the children soon coming home from school, then dinner to prepare, etc.

POOREST LUNCHEES

Nutritionally and esthetically, the poorest lunches consumed in America today are eaten by homemakers, our most important and in many cases, busiest working group.

Don't let lunches just happen. Plan them thoughtfully. Arrange them attractively on a tray. Enjoy them beside a sunny window for yourself. You think of the children soon coming home from school, then dinner to prepare, etc.

TOMORROW'S DINNER

Green-Peppered Cole Slaw
Veal Parmesan
Buttered Noodles Carrots
Orange Shortcakes
Coffee Tea Milk

Veal Parmesan: Order 1 1/2 lbs. tender veal, sliced thin. Spread with 2 tbs. table mustard. Dust both sides with 2 tbs. flour each. Brown the meat quickly in butter, of meat drippings.

Place in an oiled baking pan or large shallow baking dish. Pour in 1/2 c. each milk and hot water or enough to nearly cover. Dust with 1/2 c. grated Parmesan cheese.

Bake about 40 min. in a moderate oven, 350 degrees - 375 degrees F., or until the veal is fork-tender.

Orange Shortcakes: Bake individual large baking powder biscuits, using a standard recipe or a mix. For small shortcakes, use ready-to-bake biscuits.

Split and butter generously while piping hot.

Put together with sweetened, sliced or dried oranges that have been slightly warmed. Be sure to put on the top layers upside down

HAPPENINGS

Wilkinson, spiritual; Mrs. Bert Smith, membership; Mrs. Roy McKenzie, social and welfare; Mrs. Ray Lavers, publicity. A successful holy hour was held on March 10th and it is hoped that this will be a monthly event. In preparation for the annual meeting, April 12th, a nomination committee was appointed, consisting of Mrs. Frank Williams as chairman, assisted by Mrs. T. Morrison and Mrs. J. Forestell.

It was decided to give cash donations to the following: National Scholarship, local Girl Guides, March of Dimes, The Canadian Red Cross Society, T. B. League, C. W. L. Promotional Film, C. W. Immigration Fund, Our Ladies Missionary Society, Stella Maris and Holy Father's Relief Fund.

A presentation was made by Father J. A. Warren, on behalf of the members, to the president, Mrs. Gleeson, who will be leaving for France in the near future. An instructive address was given by Father Warren on devotion to the sacred heart. Rev. Director closed the meeting with the Act of Consecration.

so the sliced orange will not slide off.

Use plenty of orange juice. It blends with the butter to form a delectable natural sauce. No whipped cream or other topping is needed.

TRICK OF THE CHEF

Season scalded with 1 tsp. crushed caraway seed for interesting taste.

HOUSEHOLD HINT

Wash hosiery before its first use and after each wearing. This will make stockings fit better and last longer. Don't rub or twist. Shake stockings up and down in warm soapsuds. Rinse. Blot in a towel and hang them over a smooth rod to dry.

this Spring

The swing is to Wallpaper

and here are two ways you can give your home the gay new wallpaper look!

HP SAUCE
"Improves all meals!"

Bringing Up Baby.

HINTS COLLECTED BY Mrs. Dan Guder (MOTHER OF 5)

"It's unfair to compare!" Good words and true when it comes to your baby, because there just isn't one child in the world exactly like any other. That all-too-common neighborhood pastime of comparing baby achievements can be upsetting for you—harmful for your child. So try not to be either envious or boastful where baby's accomplishments are concerned. If he's temporarily outdistanced, he'll catch up. If he's ahead of the game, chances are he'll level off. Champion and cherish baby for what he is and he'll thrive in his own sweet, individual way.

Teething tale Got a tot who's finding teething on the troublesome side? Gerber Teething Biscuits are the answer. Smooth-surfaced and extra-hard, they provide soothing relief for sensitive gums, and plenty of biting satisfaction to boot. Made of wholesome cereal ingredients, they're baked into a special shape that's easy for tiny hands to hold. Individually wrapped in cellophane for sanitary carrying purposes.

Do-it-yourself plan. Signs of self-feeding starting to show? Here's an easy way to help teach baby hand-to-mouth coordination. Place a sprinkling of puffed, ready-to-eat cereal grains on baby's high chair tray. Easy to pick up and pop into that adorable mouth—will keep baby occupied while you're fixing the regular fixin's for lunch.

Something new for you-know-what! It's a brand new taste surprise—Gerber Strained or Junior Mixed Fruit—a subtle, satisfying blend of apples, pears, pineapple and peaches—beautifully balanced for flavor and wholesome food values.

Gerber Mixed Fruit is made from fine plump, tree ripened fruit—pressure cooked to preserve true-to-nature flavors and naturally appealing colors. Gerber-Ogilvie Baby Foods Limited, Niagara Falls, Canada.

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