

High Protein Macaroni Suits Low Starch Diet

By Ida Bailey Allen

"It's really exciting to watch the progress of the increasing nutritive values of foods," remarked the chef.

"For instance, as recently as a generation ago, all macaroni was considered a starchy food that put on weight. But now, one can buy high-protein macaroni in many forms.

"The ingredients listed on the package include high-protein durum wheat, semolina, wheat gluten and wheat germ, with all the natural vitamin-mineral content of wheat.

"There is also available 40 per cent protein, low sodium (low salt) macaroni, which contains the usual durum wheat and semolina, with added gluten, soy flour, wheat germ and low sodium dry milk—a remarkable combination! This can be used in both low sodium and low starch diets and in all menus needing extra protein.

"Either form can be used on a reducing diet. Just be careful not to use much fat in the sauce and use cheese that is fat-free."

The chef pulled up his high hat to its highest point. "And now," he said, "I would like to present my recipe for a new high-protein macaroni dish."

High-protein macaroni twist platter: First make the sauce: Brown 1/2 lb. chopped beef in a 1 tsp. vegetable oil in a skillet.

Add 2 fine-chopped seeded, medium-sized green peppers, 1 chopped medium-peeled onion, 2 chopped large sticks celery, 1 tsp. salt, 1/2 tsp. monosodium glutamate, 1/2 tsp. oregano, 1/2 tsp. black pepper and 4 drops Tabasco.

Cook over a low heat for 15 min.; stir occasionally. Add 1 (1 lb.) can marinara sauce.

To complete: Meantime boil 1 (8 oz.) pkg. high-protein macaroni twists according to package directions. Drain.

Add the sauce to the macaroni; spoon into a well-oiled low 2 qt. casserole.

Top with (2 oz.) grated Parmesan cheese. Bake 15 min. in a moderate oven, 350 degrees F.

Monday's dinner: Red Kidney bean soup; macaroni twist platter; new tossed green salad; new England squash pie; coffee, tea or milk.

All measurements are level re-

ces proportioned to serve 4 to 6. New England squash pie: Line a deep 9" pie plate with American pie pastry; flute the edges. Lightly press into the bottom 1 tsp. fine dry bread crumbs.

Next make the filling. Melt 1 tsp. butter.

Separate 3 eggs. Beat the egg yolks; add to the butter with 1 c. sugar.

Mix in 1 pt. whole milk, 1/2 tsp. salt, 1/2 tsp. nutmeg, 1 tsp. ginger, and 1 c. sieved winter squash. (fresh cooked, canned, or frozen and thawed).

Fold in the egg white whipped stiff. Pour into the pie plate. Bake 10 min. in a hot oven, 425 degrees F.; reduce the heat to 375 degrees F. and bake 35 min. longer or until light brown on top, firm to the touch, and a knife inserted near the center, comes out clean. Serve warm or cold.

Trick of the Chef: Use shaved maple sugar instead of granulated when making New England squash pie.

ELEANOR ROSS

Waxing and Polishing Keep Leather Like New

Take care of that new suit-case, that leather handbag, wallet or those beautiful purse accessories that you may have received for Christmas. The best way to insure a long life for leather is to polish it before it gets much use. A coat or two of neutral shoe polish plus buffing with a soft, clean cloth will keep that just-new look and protect it against scratches.

On articles in frequent use such as billfolds, key cases, pocket secretaries and brief cases, the polish should be renewed from time to time. Suitcases should be polished after each time used and stored in a ventilated space, but not in extremes of temperature or humid areas.

Handbags should be carefully wrapped or boxed when not in use and should also be stored away from heat or humidity.

Luggage of plastic or light-weight fabrics geared to plane travel is popular these days. Coated fabrics such as canvas used to cover luggage will react best to a coat of clear, liquid wax, the very same wax used for linoleum floors. Buff it to a glossy finish and see how nice the suitcase looks.

LEATHER BINDINGS If leather bindings are used as trim as they usually are in such cases, coat them carefully with wax or shoe polish at the same time.

Uncoated fabrics, such as those used for traveling garment bags and accessory luggage, should be stored to prevent dust from settling on them. Use sturdy brown paper if necessary.

Keep fabric billfolds and accessories in tissue paper between usings.

PLASTIC ITEMS Most plastics need little care to preserve their appearance, but we have found that pre-use waxing help to keep down the number of cleanings. Either paste or liquid wax will do the trick for luggage, brief cases, jewel boxes, billfolds and other accessories of plastic.

Save the manufacturer's directions for reference, since some compositions may be restored with the use of chemicals while others take to soap and water for a going-over.

WOMEN

Happenings

The Baroness Beaumont has written to the secretary of the Queen Mary Needlework Guild in Charlottetown on behalf of the great appreciation of the beautiful box received in the late summer. The annual meeting in Charlottetown will be held in February. It will be recalled that two Charlottetown ladies had the honour of attending the annual general meeting of the Queen Mary Needlework Guild held in St. James Palace, London.

Mrs. George MacCoubrey of Cavendish is a patient in the Montreal General Hospital. Mrs. MacCoubrey's many friends, not only in the province but her connections with all the Canadian provinces as well as the United States wish her a splendid recovery.

Mr. George McNeill of Newfoundland and Mr. and Mrs. John McNeill of Denver, Colorado, are visiting Mr. and Mrs. Wellington McNeill. Mr. George McNeill and Mr. John McNeill are sons of the late Mr. A. K. McNeill, an Islander who lived in Fort Qu'Appelle Saskatchewan and became very prominent in Western Canada.

Captain Claud R. and Mrs. Hunter returned Tuesday from a six weeks trip to England and Scotland. Captain and Mrs. Hunter were visiting with relatives and friends in the Old Country.

Mrs. Harold Shaw entertained at the tea hour Friday afternoon at her residence, Upper Prince Street.

Mrs. Norman Stewart entertained Friday evening at a mixed bridge.

Mrs. R. R. Bell is entertaining at a Luncheon Bridge this Saturday at her residence, Brighton Road.

Dr. and Mrs. I. Rachmel are entertaining this Saturday evening at a bridge at their residence, North River Road.

Mrs. Wilfred Michael is entertaining at Bridge Monday evening at her residence, Goodwill Avenue.

Mr. and Mrs. Hugh MacKay have received word from their son Sergeant (F.C.) Ralph MacKay of the United States Army that he has arrived in Germany where he will be stationed for the next two and a half years. Prior to leaving for overseas, Sergeant MacKay spent a month's leave with his parents.

"Advance, Australia Advance" the national song of Australia introduced Miss Peggy Brooks' talk over her native country for Australia Day, January 26th. Miss Brooks is a popular and well-known radio personality in Canada and has personal friends in this province. Her delightful talk certainly would rally all Commonwealth countries to the admiration of Australia.

Hostesses at the Charlottetown curling club on Saturday evening will be Mrs. J. Andrew Likely, Mrs. Douglas Saunders, Mrs. Wallace E. Rodd and Mrs. Vernon G. Howatt.

The regular meeting of XI Exemplar Chapter of Beta Sigma Phi was held Wednesday evening at the home of Mrs. Earl Taylor. Following the business meeting a program was presented by Mrs. Morton Dew and Mrs. Carl Burke. Lunch was served by Mrs. Myron Bell and Mrs. P. M. Simmons.

Mrs. A. S. McAsay entertained her bridge club on Wednesday evening when two tables of bridge were in play. Lunch was served by the hostess, assisted by Mrs. Llewellyn Rogers, at the conclusion of play.

Mr. and Mrs. William Lawson, and Mrs. Cyril Kenny left Friday to spend the weekend visiting Mrs. Lawson and Mrs. Kenny's sister, Mrs. Harry Lapthorne, and Mr. Lapthorne, Moncton, N. B.

Mrs. Gordon Ramsay entertained at bridge at her home on Filzroy Street on Monday night.

Mrs. Kay Lefurgy left Friday for Barrie, Ont., to spend a month with her son and daughter-in-law.

Following the treasurer's report, sick committee reported remembering shut-ins at Christmas. Correspondence was read and discussed. Material for a quilt was to be put together by some of the members and the same to be quilted as soon as possible. After some discussion a committee was appointed to see about getting up a variety concert to be put on at a future date.

Mrs. Reg Butler and Mrs. Wendell Dockendorff were appointed to give a five minute talk on a subject of their own choice. Roll call for next meeting to be answered with an exchange of Valentines. Collection for evening amounted to \$1.13. Mrs. John MacEachern and Mrs. John Sanderson were appointed on program for next meeting and Mrs. Colin MacPhail, Mrs. Wendell Dockendorff and Mrs. Reg Butler on lunch committee for Feb. meeting.

Meeting closed by singing National Anthem. Lunch was served by hostesses and committee in charge.

RENNIE'S ROAD W. I. The regular monthly meeting of Rennie's Road W. I. was held at the home of Mrs. Thomas Gass. Meeting called to order by president, Mrs. Gordon Matheson. Ode was sung followed by Mary Stewart Collect. Minutes of last meeting were read and approved.

In last report of meeting an error was made in the total cost of Pump for school which should have been \$296.95. Grant received \$148.48. Bills were paid. It was decided to send a box of chocolates to a shut-in.

Correspondence read. One membership fee was received. Collection was \$1.45. Roll call for next meeting. "What men dislike most about women." Place of meeting, Mrs. Gordon Matheson. Mrs. John Crosswell to assist with lunch.

Sick committee, Mrs. Fred Smith, Program, Mrs. Roland Warren. Meeting closed with the Queen. Lunch was served by hostesses assisted by committee.

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Quick Snack For Women Members

The four women members of the Commons line up for a quick snack in the Parliamentary cafeteria. Left to right are: Mrs. Ellen Fairclough, C.C. Hamilton West; Miss Sybil Bennett, P.C. Halton; Miss Margaret Aitken, P.C. York Humber; and Mrs. Ann Shipley, Liberal member for Temiskaming. (CP Photo).

Mr. and Mrs. Robert Lefurgy. She will also spend some time in Oshawa, Ont., and Campbellton, N. B.

Mrs. Eva Cobb, Granville Street, was hostess to her bridge club on Wednesday evening.

Mrs. Verne Ehman and young son Bill, Montreal, arrived by plane on Tuesday to spend a month with her parents, Mr. and Mrs. Reg. Pope, Summerside.

Mrs. J. H. Gills, Eustace Street, entertained at bridge on Monday evening.

The hostesses at the Summerside curling club tonight will be Mrs. Fred Folland, Mrs. Fred MacRae, Mrs. Russ Crockett, Mrs. Wallie Walwyn, Mrs. Gladys MacQuarrie and Mrs. James Harris.

Mr. and Mrs. Leslie Simmons left Tuesday to spend a few months in Florida.

Mrs. George Melke is visiting her daughter and son-in-law, Mr. and Mrs. Donald Simmons, Halifax, N. S.

PRESBYTERIAN GUILD The January meeting of the Presbyterian Young Women's Guild was held in the Church Parlor, Monday evening. The president, Mrs. Mark Gaudet, presided. Meeting opened by repeating the Lord's Prayer. Committees were appointed for the coming year. It was decided on motion to buy more electrical equipment for the hall kitchen. Meeting adjourned. Lunch was served by Mrs. Keith Johnston.

ST. MARY'S GUILD The St. Mary's Guild of the Anglican Church met at the Church hall on Tuesday evening. The president, Mrs. Judson Logan, was in the chair. The meeting opened with the Guild Prayer. Plans for a Valentine Bridge to be held on February 9, were discussed. The meeting closed with a kitchen shower for the Church. Lunch was served by Miss Blanche Hogg and Mrs. Alfred Small.

NEW ANNAN W. I. Mrs. William Waite was hostess for the January meeting which opened with the Institute Ode followed by the Creed. Eleven members answered roll call with something towards a quilt. We were pleased to welcome two visitors. Minutes of last meeting were read and approved. Correspondence was read and discussed. Three members reported putting quilt top together, and same three volunteer-

ing to quilt it. It was decided at the November meeting to make this quilt for Unitarian Services.

Mrs. Delbert Raynor offered to put another top together and the Lower Road members were going to quilt it. Material for a third quilt was handed over to Mrs. Walter Moase who kindly volunteered to put it together and Mrs. Robert Williams invited members to her home on January 15th to quilt same.

Secretary is to write to Eatons and Simpson's for remnant donations. It was moved and seconded to send a quilt to a fire victim family at Casumpec. Report of pantry sale was given. Sick committee reported treats taken to shut-ins, and any person over eighty years old in district. School committee reported visiting school and sending down C.L.O. Capsules for the children.

A motion was carried to pay for scrubbing of the school. Red Cross work was handed in and more distributed. Next meeting to be held at home of Mrs. Keith Thompson with Mrs. Lewis Moase and Mrs. Edson Dalzell on lunch.

Roll call to be answered with a hand made valentine. School committee, Mrs. John McInnis; Sick, Mrs. John Moase and Mrs. Don Schurman; program comm., Mrs. William Waite and Mrs. John McInnis. Bills were paid. An interesting contest was put on by Mrs. Keith Thompson. A delicious lunch was served by the hostess, assisted by committee. Collection taken and meeting closed with the "Queen".

CLYDE RIVER W. I. On Wednesday evening Jan. 4th the ladies of the Clyde River W.I. met at the home of Mrs. R. D. Matheson for the regular monthly meeting.

The meeting opened by singing "Flow Gently Sweet Afton" followed by the "Collect". Thirteen members answered the roll. And there were two visitors present. The minutes of the last meeting were read and approved. The treasurer gave her report and the profit from banquet held in hall was \$36.72.

Correspondence was read and discussed. Sick Committee reported sending Christmas cards to shut-

ins at Christmas time. Also remembering a member with a card of condolence.

School committee reported school and tissue placed in school. Also that the school children were remembered at Christmas time with treats.

The business period followed. The secretary was asked to write Mrs. Manning for further particulars regarding handicraft van coming to district. The president gave her report of the hall meeting held in December. Collecting had been completed and there was a small debt remaining. It was moved and seconded that the W.I. pay this off. It was also reported that further repairs were to be started on hall in spring. And the members voted in favor of sharing the expenses of some.

Mrs. Watson Livingston invited members to her home for Feb. meeting. Roll call to be a valentine verse. Lunch Comm. Sweets, Mrs. Warren MacKinnon and Mrs. Mont Hyde; Sandwiches, Mrs. John Gillespie and Mrs. Watson Livingston. Mrs. W. A. MacLean and Mrs. Arnold Beer are to be on the program comm. Collection amounted to \$1.50. Mrs. Robert Matheson was asked to purchase a pair of flannellette blankets and send to Mr. and Mrs. Daniel Taylor, Nine Mile Creek, who lost their home by fire in the fall.

The remnants were sorted and some of the members volunteered to make garment and return as soon as possible. "Auld Lang Syne" brought meeting to a close. The program consisted of an enjoyable talk on the highlights of Robert Burns in both prose and poetry. A very enjoyable chat followed the refreshments.

ST. DAVID'S W. A. The regular meeting of the Women's Association of St. David's United Church was held in the church hall on January 12th. Roll call was responded to by ten members. Minutes of previous meeting were read and adopted. The treasurer's report showed a substantial balance.

The sick committee reported having made four sick calls. Mrs. Fred Allen consented to act on sick committee for the month of January. It was moved and seconded that the Women's Association assume responsibility of paying for Church notices in daily papers.

It was decided to hold a pantry sale at a later date. Mrs. Emmerson Llewellyn and Mrs. Nelson Hansen agreed to take charge of this sale. Arrangements were made for serving refreshments at the annual congregational meeting. A circular regarding the selling of gladioli bulbs was read and after

discussion it was decided to send for 25 packages.

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ELLEN'S DIARY

January-Long Remember

"It's strange weather," one of the two farmers chatting together in this old kitchen this evening commented.

"It's been a strange winter," the other nodded. "First snow and cold, then the thaw and mildness."

"And did you ever see such a long spell of mild weather this time of year! And no sun."

"No sun nor moon either. And not a star. 'O, I never saw the like of it in my time."

"And plowing in the middle of January!"

"I'm thinking it will be a month and spell of weather, long remembered."

"And there's no sign of it ending."

"No sign yet of that."

"I thought this moon would put an end to it."

"But it only continued it," the first chuckled.

Nevertheless the days keep hur-

ing by, days which on these farms give us quiet fields and surroundings more like Spring than like Winter. Now they are clean-washed by showers, the hills mist-crested, and then all gently whitened by snowfall. Now the stream and the millpond are open, "as in April" we say, touched into little ripples by any winds that choose to stir there. Only the sunlight is missing—the sun to jewel the pond into shining glints by afternoon and to paint again there the beautiful reflections of the sunset before night spreads her restful wings above the valley.

At Alderlea, the farming continues busily. With some complaint now and then over the "austerity" of these times of lowered prices for farm products upon us. But interest and vigor, with the same love of occupation as always. In the shadow of Candlemas Day which just could give us grievous omen of "two winters in one year" thoughts now turn more and more toward spring. The farmers make their plans—We shall do this and so with the fields, following the endless cycle of husbandry. Someone will sow, someone must reap.

So we live and move in ways of the farm, spinning out the threads of our days, to "weave" then and "wait." Because: "The years of man are the looms of God."

Let down from the place of the sun, wherein we all are weaving, Till the mystic web is done, Weaving blindly, but weaving surely.

Each for himself his fate; We may not see how the right side looks. We can only weave and wait. But looting above for the pattern, No weaver hath need to fear; Only 'et him look clear into Heaven. The perfect Pattern is there."

Until Monday — Diary — Good night.

HOUSEHOLD HINT

It is not always easy to tell whether newly mixed paint will match when dry. One quick and easy way to find out is to paint a simple brush stroke on a piece of a tin can, then dry it quickly in the oven or on the radiator.

ALICE BROOKS DESIGNS

"FLOWER" APRON

A full-blooming flower is this beautiful apron — fashioned from remnants, in two shades of glowing color! Thrilling hostess gift; bazaar best-seller!

Pattern 7086: Embroidery transfers, directions for making a "flower" apron, 16 inches long.

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.

Order our ALICE BROOKS Needlecraft Catalogue. Enjoy pages and pages of exciting new designs — knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

PLAN HUGE STACK

TORONTO (CP) — The world's largest self-supporting brick-lined chimney — more than 150 feet higher than