

WOMEN

Lena Caroline McLure, Women's Editor, Phone 8506

Page 8 The Guardian Thursday, Jan. 31, 1957

HAPPENINGS

Mr. and Mrs. R. R. Bell are entertaining at a supper party this Thursday evening at their residence, Brighton Road.

Mrs. F. H. Barlow who has visited this province frequently with her husband Hon. Mr. Justice Barlow addressed the members of the Morning Music Study Group of the Lyceum Club and Women's Art Association recently in Toronto. Mrs. Barlow's subject was her European trip. The music program was presented by Mrs. Gordon Purvis and Mrs. A. T. Laidlaw.

The Homemakers' Show held recently in Toronto featured the

world-wide heritage brought to Canada from many lands. Mrs. F. H. Barlow, wife of the president of the English speaking Union, was among those showing travel treasures. Mrs. Barlow had brought back antique silver, rug glass, tortoise shell and gold pieces from the British Isles.

Roland Taylor who flew over with the curlers is visiting in Germany and Switzerland. Among the many places of interest he visited was the Rolleflex Camera factory in Braunschweig. He was also visiting in Grindelwald, one of the chief resorts of tourists in Switzerland.

reserved for proved friendships—avoid the mistake of "casting pearls before swine," or making oneself vulnerable to dangerous audacity.

MARY HAWORTH

Widow Wants A Pen Pal

Dear Mary Haworth: I am a widow, having lost my husband in 1950, and very lonely. I live in a small town, where my nearest neighbor is about a half-mile away; so I am really alone, and I believe I am getting in a rut. I don't care about going out, and feel strange when I do get in company of others.

I have a daughter and two sons, but they are all married and settled miles away in different cities; and, as I am living on a small Social Security pension I can't afford to travel—so you see I am leading a very lonely existence.

Can you tell me, is there any organization of pen pals, through which I might exchange letters?—which would give me something to do, and look forward to: And might be a source of pleasure.

I am not too old to marry again, but I am not anxious. I just would like some kind of friendship, if that is possible, and would be very grateful if you could help me make life a little more pleasant. B. V.

RISKY SUBSTITUTE
Dear B. V.: I've heard of such activities, of course, but this department has no working knowledge of any pen pal clubs or organizations; and off hand would consider them a risky substitute for regular friendship.

You wouldn't take a stranger into your confidence, or into your home—as a lone and lonely woman. At least I hope you wouldn't, if you value your security. And neither should you write "sharing" letters to persons unknown—whose character, background and in the sense that they aren't reliably vouched for, as decent folk. Unguarded innocents traditionally are warned to beware the folly of "taking pen in hand."

The honest written letter which deals in personal matters is notably one of the more intimate forms of self-revelation—much more so than the average social conversation, for example. Thus "personal" letters should be

of course, not to be written to persons whose acquaintance with the Prayer Tower's aims inspired them to start a local "cell" on behalf of the general good (and to meet specific needs).

Maybe you could start a similar program in your vicinity. Yet if not, still it should do you a world of good to tune in, by mail, with the work of this international non-denominational ministry of prayer. Direct your inquiry to Mrs. Alma Fisher, editor, at the address listed above. M.H.

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

COOK'S CORNER

SULTANA CAKE
1 1/2 cups Crisco, Cream with 1 1/2 cups white sugar, 6 eggs. Add 2 at a time.
1/2 cup thin cream
3/4 cup flour
1 teaspoon baking powder
4 cups sultana raisins
1 package cherries
1 package citron
Flavoring
Bake 2 hours in slow over after mixing in order given.

FRENCH ACTRESS
Claire Josephine Clairon, French actress who died in 1803, was famous for her roles in Voltaire's tragedies.

KEEP IN TRIM

Eating Big Meals Is Generally A Bad Habit

By IDA JEAN KAIN
It's quite unlikely that you've ever planned to start a reducing diet while feeling hungry. On the contrary, most diet plans are made shortly after a big meal. That's the fact almost pleasant, to contemplate cutting down on food—at the very next meal.

However, if you are overweight, you've been practicing overeating and overeating has enlarged your food capacity. Overeating soon becomes habit, and it's easy to reason that habitual overeating keeps the stomach enlarged. Then more food is desired regularly to fill the capacious space and exert the tension on the walls of the stomach which signifies satiety.

Supposing you've been overweight for some time, perhaps for years, and now, regardless of what you eat, you do not gain. This is because the amount of food you enjoy eating is the amount that maintains your overweight. If you would deliberately set out to shrink your capacity, you could train your appetite to be satisfied with the amount of food that will keep your weight normal.

You're the only one who can change your mind about food and overeating. Take a firm stand and decide you'd far rather be healthy normal weight than to overeat on all those foods that go straight to fat, and you can control appetite. Of course, it is the change in food habits that brings about the weight loss, but a change in thinking must come first. Once you do make up your mind, it isn't so difficult to cut appetite down to slimming size.

WAIT A WEEK

It will help you to know that after the first week on smaller meals, you will have the upper

hand. You will feel a little hungry for the first four or five days. However, if you eat balanced meals and take advantage of the science of nutrition, you will not experience hunger in the real sense, for you will have adequate nutrition.

Try this plan—for the next three weeks make a practice of getting up from the table short of that completely satisfied feeling. At first it takes an effort of will to push away from the table when you could, without coaxing, continue eating. But this I can promise—it gets easier every day.

HOUSEHOLD HINT

To keep your thimble handy, glue or nail a small cork to the inside of a sewing machine drawer. After each use, place the thimble on the cork and you'll be sure to find it next time you need it.

OLD SUPERSTITION

The ancient Roman belief that the month of May is unlucky, especially for marriages, still persists in some parts.

cause your food capacity normalizes. On the protective plan, true hunger will be satisfied. On smaller meals, the stomach shrinks and the appetite with it, then less food is required to satisfy. Soon you won't even want to overeat. That's a promise.

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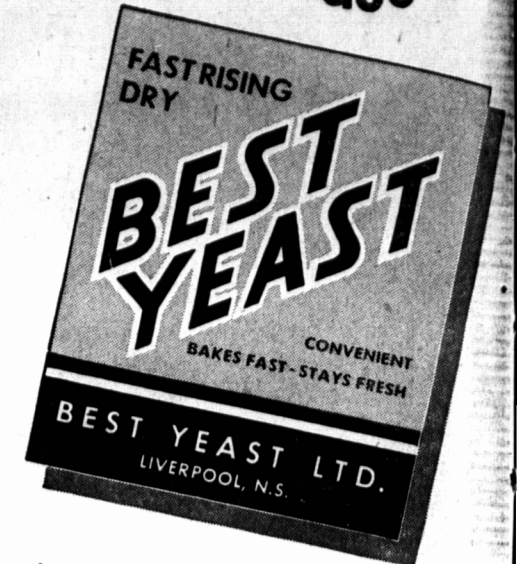
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59TH WEDDING ANNIVERSARY

Mr. and Mrs. Stephen Gallant of Souris are shown being presented with a blanket by E. Foch MacDonald, President of Souris Legion, on behalf of the Legion on the occasion of their 59th wedding anniversary on Jan. 11th 1957. Mr. and Mrs. Gallant moved to Souris from Tignish 46 years ago. Due to weather conditions all of their children could not be present for this occasion. Mr. and Mrs. Gallant have three sons and three daughters living and twenty-four grandchildren and seven great grandchildren.

LET'S EAT

Odds-And-Ends Dinner Made From Leftovers

By IDA BAILEY ALLEN

"It is very exciting to realize that we are really leaving tomorrow to visit the Pacific Coast, the way from Southern California through Oregon and Washington State," remarked the Chef.

"We shall undoubtedly discover many new dishes to pass along to our readers, see firsthand the famous and enjoy their well known hospitality. 'Are you all packed, Madame?' 'Yes, Chef,' I replied, and as usual about 60 pounds overweight—my luggage. I mean. That's what happens when you write a column as you go and take along necessary source books, typewriter and whatnot!"

I also have to pack suitable clothes for warm Southern California, the cooler sections, and brisk weather in Oregon and Washington State. And since we are stopping in Chicago on the way back, I guess we'd both better pack ear muffs!"

Meantime, chuckled the Chef I guess I'd better get dinner. We must use up the odds and ends in the refrigerator."

Odds-and-Ends Dinner: Tomato mushroom soup; frankfurter garnish; bohemian hot pot; tossed salad with grated carrots; french toast with fruit topping; coffee, tea and milk.

All measurements are level; recipes proportioned to serve 4 to 6.

Bohemian Hot Pot: Peel 6 large white potatoes and slice 1/4" thick. Steam-boil 15 min. in 1/2" salted water.

Drain; save the liquid. Meantime, cut enough lean beef lamb, veal, or any mixture of cooked meats into bite-sized pieces to make 4 c. Peel and slice 8 good-sized onions.

Layer in a casserole—first, 1/2 of the potato, 1/2 the meat, 1/2 the onions, dust with 1/2 tsp. flour. Top with 1/2 No. 2 can tomato, seasoned with 1 tsp. salt, 1/4 tsp. pepper and 1/2 tsp. thyme.

Repeat the layers. Cover; bake about 1 hr. in a moderate oven, 375 degrees F.

Pen minutes, before completion, stir in 1/2 c. dairy sour cream or yogurt.

French Toast with Fruit Topping—French Toast: Beat 2 eggs frothy with 1/2 c. milk, 1/4 tsp. salt and a choice of 1/4 tsp. ground cinnamon, clove or nutmeg.

Cut sliced enriched bread in halves. Dip quickly in and out of the egg mixture.

Pan-fry on both sides in enough butter or margarine to prevent sticking.

For dessert, dust with confectioner's sugar and serve with a combination of thawed frozen peaches, strawberries and juice. Trick of the Chef.

Season French dressing for a green salad, tossed with grated carrots, with a little ground clove.

AVONLEA W.I.

The regular meeting of Avonlea W.I. met at the home of Mrs. W. L. Toombs on Jan. 7. Meeting opened with prayer in chair, by singing Ode and repeating creed in unison. Roll call was answered by 13 members.

The committees present reported and new ones are as follows: Cavendish sick-Miss Blanche Wyand and Mrs. Ralph Burdette, Cavendish school-Mrs. John MacNeill and Mrs. Alfred Moore. Rustico, sick, Mrs. Ernest MacLure and Mrs. John MacLure. Rustico, school-Mrs. Clive MacNeill and Mrs. Reg MacNeill.

A letter was read from Mrs. Philip Matheson, health convenor. The president gave a paper

MORNING SMILE

Doctor: How's the patient this morning?
Nurse: I think he's gaining consciousness. He tried to blow the foam off his medicine.

Toronto Actresses Are In London Hit

LONDON (CP)—Canadian actress Kay Callard will shortly join the cast of one of London's hit plays Romanoff and Juliet.

Miss Callard formerly of Toronto takes over from French actress Katy Vail and will play the part of an American ambassador's daughter, the Juliet of the title. The show written by Britain's bearded playwright Peter Ustinov, has been pulling in capacity audiences since last May. The Evening Standard in its annual drama awards gave Ustinov an "Oscar" for his show which it adjudged the "best new play of 1956."

Another Toronto actress Josephine Barrington, plays the part of Juliet's mother. She has been in the cast almost from the beginning.

Employment of women was fully organized by 1895 in the Church Missionary Society.

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FRENCH MEAT ROLL

TEA-BISK CRUST
2 cups MONARCH Tea-Bisk
1 teaspoon parsley flakes

MEAT FILLING—Combine and mix well together—
1/2 lb. minced beef
1/2 cup chopped celery
1/4 cup chopped green pepper
1/4 cup chopped onion
1 teaspoon parsley flakes
1 teaspoon dry mustard
1 tablespoon Worcestershire sauce

1 teaspoon dry mustard
1/2 cup less 2 tablespoons water

2 unbeaten eggs
1/4 cup catsup
1/4 cup fine PURITY Rolled Oats
or bread crumbs
1 teaspoon salt
1/4 teaspoon pepper

To 2 cups MONARCH Tea-Bisk add parsley flakes and mustard. Mix well together. Add water and mix lightly. On floured canvas or baking board, knead dough gently 8 to 10 times. Roll into a rectangle approximately 12" x 9". Spread on meat filling within 1/2" of border. Roll up like jelly roll, starting from the long side of rectangle. Dampen edges and seal, tucking ends of roll under. Place on greased cookie sheet and bake 425°F. 30-35 minutes. Served with sauce made from undiluted tomato or celery soup or beef gravy and sliced mushrooms.

The beauty of this TEA-BISK Meat Roll is that it looks and tastes like a real party dish, yet it actually stretches your food budget, too. There's plenty of it to satisfy the family's demands for more, and it costs mere pennies a serving. Do save the recipe. It's one of the best in a long time.

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