



Women

Lena Caroline McLure, Women's Editor. Phone 5508

Page 8 The Guardian Friday, April 5, 1957

HAPPENINGS

Mr. Robin Creelman of the Department of Transport, Fredericton; Mr. and Mrs. William Nauss of Fort Churchill and their children; Miss Edith Creighton, Halifax; Mr. William Creelman, New Hampshire; Mr. Ralph Creelman, Saskatoon; and Dr. Wilfred Creighton, Deputy Minister of Lands and Forests in Nova Scotia, are in Charlottetown to attend the funeral of the late Dr. P. A. Creelman.

Mrs. George Ives, Dartmouth, is expected in Charlottetown this coming weekend. Mrs. Ives will be attending "The Parade of Spring Fashions" at the Queen Charlotte High School.

Mr. and Mrs. S. T. Green and Mrs. W. E. Champion of Charlottetown have been in Toronto this week. They were registered at the Park Plaza Hotel.

Mrs. C. A. Coady has returned from a trip to Montreal and Ottawa.

BERMUDA TRIP

Mr. and Mrs. E. S. Chandler are shown at Malton Airport chatting with Mr. Ron Sclater, Public Relations Director for J. A. Wilson Lighting and Display Limited.

The Chandlers enjoyed an all-expense week at the famed Elbow Beach Hotel.

win top prize in a six month contest sponsored by J. A. Wilson Lighting and Display Limited to promote greater interest in Lighting.

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ELLEN'S DIARY

The Fine Old Homestead Produced Great People

It was Jeanie who was to glimpse our first robin-of-Spring. In the hush of early morning, she saw the advance one of those which come to us here at Alderlea throughout the Summer... to sing matins for us at waking. And even-when the sun is withdrawing last fingers and pools of brightness from the fields and dusk is pouring the purple twilight into the cup of our valley.

Yes, the first robin. It lingered long enough for her to identify it at close range and then flew out of sight down to the orchard. And hearing of it, James smiled. And we suspected could see in fancy the brighter red patterns left by the old seeder and a cent in the nice aroma of the fresh-stirred soil in some field of the sowing. But today, with Spring only a shade of loveliness to the wood or later will be, the farmers' lot was to work at the wood-harvest and attend to the round of the choring that is theirs at this season. Nevertheless there was time to chat with another farmer who dropped by.

"Agriculture has been and is the chief occupation on the Island," we overheard the visitor say to James, "but I'm wondering just how long that state will continue in full production?"

James shook his head. "Of late I've been wondering the same thing myself," he replied.

"What's wrong with things anyway?" the visitor queried.

James chuckled. "Who can say?" "There's land begging to be cultivated—in fact in some instances it has waited so long the woods are reclaiming it... good land too. It's a shame! Think of all the toil that went into clearing it—work of former generations all gone for naught. And 'they're calling for production in the Maritimes—'Produce more!' they say. 'Who's going to produce?'"

"With industry draining the farms of the boys," James nodded. "Taking off younger farmers too."

MARY HAWORTH

Widow Loves Old Friends

Dear Mary Haworth: I am a middle-aged widow and, after a year of withering loneliness, I am considering second marriage—to a widower, my age, a person I've known and been fond of since my teens.

We love each other, although we have our temperamental differences. But admittedly we both still deeply love the partners we have lost. We are prepared to keep their memories alive for ourselves and our respective children—without rancor, jealousy or odious comparisons.

However, a dear friend of mine, making a real home life. Nothing else could suffice to keep me happy or even contented.

I am a realist and can face anything I can understand; so if this decision to marry is wrong, or premature, I'd like to know it.

F. J.

DAILY PATTERN



4859 ONE SIZE MEDIUM

by Anne Adams

EASY! THRIFTY! Our new PRINTED Pattern—thrifty, easy-sew! Just ONE yard 35-inch fabric is all you need for each of these pretty serving aprons. Jiffy-cut—paper pattern all one piece! Make them for yourself, best-sellers at the bazaar!

Printed Pattern 4859 includes three styles: Misses' Medium Size only. Each apron: 1 yard 35-inch. Jiffy-cut pattern is easiest to cut and sew. All pattern parts are printed on ONE tissue piece!

Send FORTY CENTS (in coins) (stamps cannot be accepted) for this pattern. Please print plainly: NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St., W.

KEEP IN TRIM

A Good Diet Will Keep You Sweet And Natural

By IDA JEAN KAIN

Do you lose your laughter and your disposition on a diet? Whether or not your disposition is the worse for diet depends on the diet—and on your attitude toward dieting. Fact is, you can either feel out of sorts or triumphantly in command.

Tests of the adequacy of a diet include disposition, daily energy, rate of weight loss—and the length of time you can happily stay with slimming fare. There is only one difference between a well balanced normal diet and well balanced reducing diet, and that is in calories. A carefully planned reducing menu can afford better nutrition than the menus through which you piled on too many pounds.

Reducing diets are based on this principle: when you take in fewer calories than you burn, nature is forced to draw on stored fat to make up the deficit. This makes it clear that the rate of loss is established by the calorie deficit.

MORE ENERGY

Of course, with calories limited, each food included in the diet must contribute its full share of the protective essentials, otherwise you short-change yourself nutritionally. It will be no struggle to keep even-tempered on a diet that meets every nutritional need except calories. And you will not have less energy. The fact is that after taking off part of the burden of fat, you'll

have more energy.

An important angle to check on the disposition score is your attitude about the necessity for reducing. If you feel put upon, you'll not be happy on the best diet in the world nor able to enjoy the good things included in the low calorie menus.

DISPOSITION—PROOF DIET

Breakfast: Fruit juice, 1/2 glass 50 calories; Soft cooked egg 80; Thin slice high protein bread 50; Butter, 1/2 pat 25; Coffee, black 0. Total 205.

Lunch: Ground meat patty, broiled (3 oz.) lean, trim before grilling 165 calories; Toasted half bun 60; Relish 25; Tossed green salad (vinegar and seasoning) 25; Butter/milk or skim milk 80. Total 355.

4 o'clock energy pick-up: Glass of Buttermilk or Hot Tea and oz. wedge cheese 80.

Dinner: Shoulder Lamb Chop, broiled (lean meat only) 125 calories; Baked potato, medium size 100; Butter, 1/2 pat 25; Vegetable—Choice of: Asparagus, string beans, broccoli 25; Celery, radishes, and carrot sticks 25; Pineapple, fresh, canned or frozen 95; Coffee, black, or tea 0. Total 395.

Total calories for day: 1035.

LET'S EAT

Chowder Melange A Big Hit At Buffet

By IDA BAILEY ALLEN

After an absence of several weeks, the Chef and I found that the temperature of the food freezer in the test-kitchen was still at zero degree—exactly as it was when we left.

"This is fortunate," observed the Chef, "for foods begin to deteriorate noticeably even with only a five-degree rise in temperature."

"Judging by the phone calls, Chef," I said, "friends are likely to be dropping in about lunch time."

TOMORROW'S DINNER

Clam Chowder Crisp Crackers
Veal Cutlet with Onion Sauce
Pickles Corn Bread
Tomato-Avocado Salad
Strawberry-Banana Cup
Coffee Tea Milk

BOWL BUFFET

"I shall prepare a welcome-home lunch at once, Madame," he replied. "We can have a bubbling bowl buffet, based on the frozen soups in the freezer. I will heat these as needed and serve them with sandwiches. 'Right now, I am going to thaw a loaf of the frozen cheese bread and one of rye caraway. We also have spreads for the fillings—frozen ham-salad and cheddar cheese pimiento."

"Also, there is a loaf of your frozen pound cake in the freezer, Madame, and an assortment of frozen peaches, strawberries and pineapple to make a fine complete."

SIXTEEN GUESTS

Sixteen persons dropped in to say hello, between 12 and 2 o'clock.

And guess what the Chef did! He started with 3 cans of frozen

meant to us, the less do we make an open book of them. Rather, the everlasting good that has happened to us, via blessed relationships, registers in a general toning-up of the personality—in a richer capacity to love and be loved, worthily.

One wonders, therefore, why you and the widower feel obliged to insistently vow deathless love for the vanished partners. This seems rather tactless talk, and assertively backward looking—in the face of a new dispensation of providence, which implicitly requires each of you to re-invest fully in "the life of the living." If you are to stay vital and keep growing, M. H.

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

HOUSEHOLD HINT

If you have china faucet handles on old-fashioned plumbing fixtures, it would be well to replace with the new metal ones. China faucet handles often break, especially when they are old and brittle, and may leave a dangerously sharp edge which might result in a serious cut.

A new plant to manufacture super-phosphates is being opened

shrimp bisque. As more persons arrived, he added 2 cans of frozen potato soup, then 2 cans of oyster stew and finally 2 cans of frozen clam chowder. He added a little butter, a half-tablespoon of curry powder, dissolved in water, a flourish of parsley and celery—and served "Chowder Melange!"

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WIFE PRESERVERS

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Good Neighbor Tradition Still Flourishes Here

CORNWALL. The oldtime custom so much in evidence in country districts years ago when on occasion the entire community would turn out to render timely assistance to a neighbour, has been revived in Cornwall during the last several months. One day during the early part of the winter a goodly number of men equipped with power saws, axes, trucks and tractors, gathered at the home of Douglas MacDonald who has been confined to a sick room for a lengthy period, and before the setting sun called a halt to their labors a large pile of wood, ready for their fuel needs for the winter, had been conveyed to their dooryard. Needles to say this kindly act was greatly appreciated by Mr. and Mrs. MacDonald.

This fine gesture of friendship has recently had a very interesting sequence in which the communities of Cornwall, Clyde River, New Haven, Meadow Bank, and York Point have shared. This took the form of a presentation of a substantial purse of money to Mr. MacDonald by a committee representative of the above mentioned communities. Mr. and Mrs. MacDonald were deeply touched by this further expression of goodwill and requested the committee to extend their heartfelt gratitude to all who shared in this thoughtful token of loving concern for them in Mr. MacDonald's prolonged illness.

Minutes of the last meeting were read and approved. Sick committee reported having made two sick calls. It was decided to contact Mr. Louis Carroll about collecting for the Red Cross.

It was also decided to remember Mr. Robert Pierce Halifax, formerly of Baltic, with \$1.00 for purchase of sick treat. Collection amounted to 75 cents.

Next meeting to be held at the home of Mrs. Edgar Matthews. Miss Lydia Tuplin won both program prizes.

Meeting adjourned by singing the "Queen" after which a delicious lunch was served by the hostess.

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FROM KELLOGG'S OF CANADA

NATURAL WAY TO OVERCOME THE CONSTIPATION HABIT

Millions do—why not you?

Try All-Bran with Milk

Natural food bulk in effective cereal form

It's easy to slip into bad habits, isn't it? And usually so difficult to break them.

The constipation habit, for example, often begins with careless eating. Too many prepared foods lack the natural food bulk our bodies require daily for normal functioning. Then in haste we turn to nostrums that frequently fail because they do not restore the bulk we need.

If you are one of these unhappy people with the constipation habit, give nature a chance and try Kellogg's All-Bran. This good-tasting cereal supplies all the natural laxative bulk you need daily to avoid irregularity.

In the 40 years since W. K. Kellogg originated All-Bran, it has literally helped millions. He improved the flavor and eating qualities of the bran while retaining its natural effectiveness. Indeed, many people with no irregularity enjoy the old-fashioned bran muffin flavor of this cereal over any other.

All-Bran is also a food of high-nutritional value. And served with milk (hot or cold) it is an aid to health and regularity.

If All-Bran sounds too simple a way to solve your constipation problem, do this: Eat half a cup of All-Bran with milk every morning (or at night) for 10 days. See if the constipation habit doesn't disappear as naturally as it came.

If not completely satisfied, return the empty carton and get twice what you paid. That's a promise from Kellogg's, London, Ontario.

THE EXPERTS SAY

However It Is Brewed Tea Must Be Freshly Made

By CAROLYN WILLETT
Canadian Press Staff Writer

OTTAWA (CP)—Perhaps the nursery rhyme about porridge—"some like it hot, some like it cold"—could apply to tea drinking in Canada.

But nobody really likes tea "in the pot, nine days old."

If anything, Canadians brew and drink their tea too weak for full enjoyment, said experts of the Tea Council of Canada after they studied statistics gathered from a country-wide tea-drinking survey.

The members of Baltic W. I. met at the home of Mrs. Keir Crafer for their March meeting. The meeting opened by singing the "ode" and repeating "Creed" in unison. Eight members answered

COOK'S CORNER

COCONUT SQUARES

Cream:
1/2 cup butter
1/2 cup white sugar
2 egg yolks

Add:
2 cups pastry flour
Press this into the bottom of cake tin. Mix and spread on top of first mixture.

2 egg whites (beaten stiff)
1-6 teaspoon salt
2 cups brown sugar
1 teaspoon vanilla
1 cup coconut
1/2 cup chopped red cherries.

Bake in slow oven 300 degrees. Cool and cut in squares.

More than 2,000 CAC members throughout Canada took part in a survey. This group represents tea drinkers of different ages from varying social and economic groups in both large and small communities.

Each housewife in the survey, armed with a half-pound of packaged or instant tea—depending on which type she regularly used—kept records of the number of cups obtained from the quantity of tea used.

The tea council received 1,658 accurate records to tabulate and analyse.

Survey reports, published by both the CAC and the council, showed the average housewife gets 285 cups from a pound—260 cups from packaged tea and 307 from instant tea.

Individually, the most popular number of cups from a pound was 200 from packaged tea and 240 from instant.

However, while Canadians drank an estimated 400,000,000 imperial gallons of tea last year, the reports showed wide variations in the strength of tea Canadians like.

Maritimers, the survey showed, like their tea strong. On the Prairies, the tea tends to be weaker and housewives get more cups per pound.

Wife of M.P. Makes Marmalade

LONDON (CP)—June Chichester-Clark, wife of the Conservative member of Parliament for Londonderry, brews her own marmalade, bottles it and sells it to a well-known bakery shop in the Chelsea district.

Says Mrs. Chichester-Clark who studied English at Cambridge and singing in Vienna: "It's expensive living in London and what I make with the problem of existing on an MP's salary."

A British member of Parliament earns about £1,500 (\$4,200).

Mrs. Chichester-Clark has made up to 96 pounds of marmalade in one week. Her recipe is 10 oranges, four grapefruits, three lemons to 10 pounds of sugar, which produces 19 pounds of marmalade.

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120 Kent St. Phone 4922

Child's bad breath UPSET TUMMY

For minor digestive upsets, children often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, new corrective for youngsters. They quickly help soothe your stomach and act speedily to clear out the bowels, offending waste material is a gentle, thorough cleanser. Made by the makers of Baby's Own Tablets—your assurance of a reliable product. Get a package today at your drugist.

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Only a few minutes after taking Buckley's Cold Capsules you'll marvel how quickly that ache all over feeling left you. Relief from cold misery comes so swiftly as the 4 special cold fighting ingredients attack your cold symptoms and give you a lift that makes you feel better on fast. Packet size 35¢. Family Size 75¢. Sold Everywhere.

BUCKLEY'S COLD CAPSULES

Just watch these yummy BANANA CAKELETS disappear!

Note: Have all ingredients at room temperature.

Measure into bowl:
8 tbsps. shortening
Sift together twice, then over shortening:
2 c. once-sifted pastry flour
or 1 1/2 c. once-sifted all-purpose flour
2 tbsps. Magic Baking Powder
1/2 tsp. baking soda
1/2 tsp. salt
1 1/4 c. granulated sugar

Sift in until blended:
1 c. mashed ripe banana
1/2 c. milk
then beat 300 strokes or 2 mins. by hand or with electric mixer at medium speed.

Add:
1 tsp. vanilla
2 unbeaten eggs
and beat 150 strokes or 1 min.

Two-thirds fill muffin pans, either greased or lined with cup cake papers. Bake in moderately hot oven, 375°, 20 to 25 mins.
Sprinkle hot cup cakes with a mixture of:
2 tbsps. icing sugar
and 1/2 tsp. ground cinnamon
Yield: about 20 cup cakes.

You get lighter, more delicious baked goods with dependable MAGIC Baking Powder. MAGIC protects your other fine ingredients... and it saves you money! Buy MAGIC today.

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