

LET'S EAT

Enriched Bread Vital To Balanced Meals

By IDA BAILEY ALLEN

"MADAME, do you still consider bread to be the staff of life?" "No, Chef, there is no one food which is that important. But good quality bread is a necessary food, included for use every day in the famous 'basic seven', and it belongs in balanced meals, in amounts needed by the persons eating them. Children need a slice or two at each meal; active outdoor workers may eat more. Homemakers and white collar workers, who do not burn up so much energy, need a slice at each meal, more if they are underweight.

"How about the 'fatties'?" asked the Chef.

Include a Little Bread

A reducing diet is much easier to take if a small amount of bread is included in each meal, because of its satiety and psychological values. But the spread used should be a mere taste of butter or margarine, or, better still, cottage cheese. However, Chef, you noticed that I said 'good quality' bread."

Valuable Enrichment

"By which I judge you mean enriched, Madame."

"Yes, because enriched bread contains necessary food iron and B vitamins. This type of bread is now sold in many states. But when it is not available, if club groups and homemakers will band together and ask the bakers to produce it, they will be glad to cooperate. Bakers will bake any kind of bread the public wants, or needs, if the public will buy it."

TOMORROW'S DINNER

Vegetable Soup Melba Toast
Lamb Patties with Bacon
Hash-Browned Potatoes
Grilled Pineapple
Sauerkraut-Tomato Escallop
Baked Apple Sauce Custards

Coffee Tea Milk

Lamb Patties with Bacon: To 2 1/2 lbs. neck or shoulder of lamb, ground twice, add 1 1/2 tsp. salt, 1/4 tsp. pepper, 1/4 tsp. powdered mint and 2 eggs, slightly beaten.

Combine 1 1/2 c. medium-fine white bread crumbs with 1 1/4 c. milk; let stand 2 min. Mix into the meat.

Shape into 9 patties 1 1/2" thick. Fit a slice of bacon around each and fasten with a toothpick. Sauté 12-15 min., or until well-browned on both sides.

Serve with or without grilled pineapple.

Sauerkraut-Tomato Escallop: In a buttered 3-pt. shallow baking dish, arrange 1/2 of a (1 lb.) can of drained tomato, dust with salt and pepper; dot with 1/2 tbs. butter or margarine; cover with 2 tbs. shredded wheat crumbs.

Spread over 1/2 of a (1 lb.) can of drained sauerkraut. Repeat, making three layers. Add 1 tsp. salt and 1/4 tsp. pepper to the tomato layer and pour over.

Cover with 1 c. fine shredded wheat crumbs mixed with 2 tbs. butter or margarine. Bake 20-25 min. in a hot oven 425 degrees F.

TRICK OF THE CHEF

Add 1/4 tsp. dried basil when preparing sauerkraut-tomato escallop.

Newly-Weds



Cavendish United Church was the scene of an autumn wedding on October 6. When Winnifred Lee, only daughter of Mr. and Mrs. George Clark, Cavendish, became the bride of Earl Stanley Dunning, only son of Mr. and Mrs. Lorne Dunning, Kensington.

The Church was decorated with mixed flowers and gladioli. The guest pews were marked with white ribbon and sweet peas. The ceremony was performed by Rev. F. W. Sawdon. Mrs. Reginald Simpson was in charge of the wedding music and accompanied the soloist, Miss Doris Andrew, who sang 'Because' during the signing of the register.

Queen Mother Guest at Columbia University



Queen Mother Elizabeth of Great Britain addresses guests at a Charter Day dinner of Columbia University in New York city. Resplendent in royal attire, the Queen Mother read a message from her daughter, Queen Elizabeth II, congratulating the university on its 'remarkable record.' Seated (l. to r.) are Dr. Philip Jessup, toastmaster; Dr. Grayson Kirk (behind microphones), president of Columbia; Sir Sarvepalli Radhakrishnan, vice-president of India, and Paul Henri Spaak, foreign minister of Belgium.

Exchange Vows



Mr. and Mrs. Everett Clark Barrett

Central United Church, Collins Street, Yarmouth, N. S., was the scene of a pretty wedding on Friday afternoon, October 29 at 4 p.m., when Bernice Colleen, eldest daughter of Mr. and Mrs. Bernard N. Seeley, 54 Cliff Street, Yarmouth, N. S., was united in marriage with Everett Clark Barrett, son of Mr. and Mrs. Fred Barrett, St. Eleanors, P.E.I. Rev. W. D. Van Zoost performed the double-ring ceremony. The church was appropriately decorated for the occasion. The organist was Mrs. Fred Nickerson, and the soloist was Mrs. Karl Gorman, who sang 'Love's Coronation' during the signing of the register.

The bride entered the church on the arm of her father, by whom she was given in marriage. She wore a strapless floor-length gown of white Chantilly lace and nylon net over bridal satin. The matching lace bolero was fashioned with full-length sleeves that tapered to a point over her wrists. Her two-tiered veil of illusion and lace flowed gracefully from her tiara of iridescent sequins and pearls. She carried a bouquet of red roses.

Miss Elizabeth Smith, R.N., of Londonderry Station, was maid of honour. Her gown was of lemon yellow nylon net and lace, over matching taffeta. A dainty lace bolero and hat and mitts, in matching color, completed her costume. She carried a nosegay of white and mauve chrysanthemums.

The bridesmaid was Sandra Starr Seely, sister of the bride. Her gown was of blue nylon net and lace, over taffeta, with matching lace bolero, headpiece and mitts. She carried a white and yellow nosegay of chrysanthemums.

Mr. Allison Haley, student of Pine Hill Divinity Hall, Halifax, was best man. Ushers were Mr. Claude Barrett, brother of the groom, and Mr. Fred Barrett, nephew of the groom.

The bride's mother wore a gown of beige nylon lace over taffeta, with green accessories. Her corsage was of white carnations. The groom's mother wore a gown of gray faille, with red accessories. Her corsage too was of white carnations.

Following the wedding a reception was held in the vestry of the church, with approximately 60 guests in attendance. The toast to the bride was proposed by Rev. W. D. Van Zoost, and responded to by the groom, who, in turn, proposed a toast to the other two ladies of the bridal party. It was fittingly responded to by Mr. Allison Haley.

Miss Joan Seeley, youngest sister of the bride, was in charge of the guest book. Her gown was aqua nylon, with pink accessories. Her corsage was of yellow and pink rosebuds.

Miss Pauline McClure, R.N., of Hillsdale, N. S., was in charge of the bridal table. Serving the guests were: Mrs. Arden Penny, Mrs. Jean Elderkin, and Mrs. Ronald Poole.

The young couple left on a honeymoon trip to Niagara Falls. For travelling, the bride wore an azure blue suit, with navy accessories. Her corsage consisted of three red roses.

The bride is a graduate of the Victoria General Hospital School of Nursing. The groom, a Chemical Engineer, received his B. Sc. degree at Mount Allison University, Sackville, N.B., and his B. E. degree at the Nova Scotia Technical College, Halifax, N. S.

Out-of-town guests included: Mr. and Mrs. Fred Barrett, St. Eleanors, P.E.I.; Mr. and Mrs. Claude Barrett, Springfield, P. E. I.; Mr. and Mrs. Donald Sears, Summerside, P. E. I.; William Frederick Barrett, Mount Allison University, Sackville, N. B.; Mr. and Mrs. Horace McClure and daughter, Pauline, Hillsdale, N. S.; and Miss Audrey Young, graduate nurse, Deep Brook, N. S.

MARY HAWORTH'S MAIL

Stepped-up Social Life a Problem

DEAR MARY HAWORTH: My husband is changing his work and going into the insurance field, will be required to participate in more social activities than we have heretofore. I am anxious to help him in every way possible, but I feel so inadequate.

I was brought up in a small town, and our family did practically no entertaining. My father is extremely shy and avoids new encounters, whereas my mother is just the opposite—she loves everything. I seem to be a mixed-up combination of both. I see the necessity and the value of making the effort to meet people—but it is always an effort and I feel ill at ease much of the time.

John and I met at college and have been married 16 years—long enough, certainly, to develop some assurance and poise. But up to now there has been no need to entertain beyond small informal groups of friends. I don't mean to give parties to promote business, but I expect situations will arise that I am not prepared to meet.



Now that so much emphasis is put on eating enough bread, especially enriched bread, we should make sure that enough is included in our daily menu. For a change, as well as a treat, bake this bread recipe sent in by Carleton W. I.

SHREDDED WHEAT-BREAD

3 shredded wheat
3 cups boiling water
1/2 cup molasses
Salt

1 tbs. yeast
1 best yeast dissolved in 1/2 cup warm water.

Method:

Put in mixing bowl the following ingredients: biscuit, shortening, salt and molasses. Pour boiling water over and leave till luke warm. Add yeast and enough flour to knead, let rise till double in bulk. Put in pans and let rise till light. Bake 1 hour in moderate oven. Makes 2 loaves.

Put in mixing bowl the following ingredients: biscuit, shortening, salt and molasses. Pour boiling water over and leave till luke warm. Add yeast and enough flour to knead, let rise till double in bulk. Put in pans and let rise till light. Bake 1 hour in moderate oven. Makes 2 loaves.

—Mrs. Ralph MacCaull, Carleton Siding W. I.

Morning Smile

Jim—Did you see the Scotchman who left the money on the table.
Tim—No.
Jim—Neither did anybody else.

REJECT RED BID

SEOUL (AP) — South Korea's National Assembly Thursday unanimously adopted a resolution denouncing a Communist North Korean bid for north-south negotiations on unification. The assembly's resolution at the same time proclaimed opposition to any attempt to neutralize the peninsula.

WIFE OF MP DIES

LONDON (AP)—Mrs. Amanuel Shinwell, 70, wife of the Labor member of Parliament and former minister of defence, died Thursday. The Shinwells had been married 52 years.

Household Hint

To get a good shine on worn linoleum, try applying an even coat of hard self-polishing wax. Then wait two hours or more, and repeat the process.

KEEP IN TRIM

But the really beguiling aspect of the book is the author's genuine democracy of spirit, the thorough-going courtesy of mind, the ac-

EXPERT HELP LIFTS LOAD

On pages 269-70, the cocktail party is discussed, with most eventualities considered, including how to finally dispose of departed guests. Nothing is said, however, about how to mix cocktails—hence my suggestion to non-drinking hosts is to employ the expert services of a caterer's man to lend hand. If a cocktail party seems in order, extra help will be needed in any case, and the hired drink-mixer expects to make himself useful in other ways, too—passing trays of refreshment, collecting empty glasses, cleaning ash trays, etc.

COCKTAIL PARTIES INTIMIDATE HER

I am completely baffled as to how to handle cocktail parties. John and I don't drink, simply because we don't like liquor and neither of us had it at home. Most hostesses provide something for those who don't want cocktails—but how do we entertain in return? As we don't even know what goes into a mixed drink, it seems silly for us to give a cocktail party.

So far our entertaining consists of barbecue suppers, in our yard, but this is limited to one season, of course. Can people who don't drink mix well with people who do? I seem to lack self-confidence socially, spending my leisure in service work—with the girl scouts, Sunday School and college club projects. Is there any course of study, any book, anything you can suggest to help me?

R. A.

HERE'S ANTIDOTE TO INEXPERIENCE

DEAR R. A.: To compensate for social inexperience, read Amy Vanderbilt's "Complete Book of Etiquette" guide to gracious living" (Doubleday).

Its 665 pages of instruction are as easy to take as a welcome letter from a favorite friend, discussing a multitude of mutual interests. The readability of the opus is due in part to the clever editing job, which treats the subject matter in small doses—thus avoiding textbook tedium.

But the really beguiling aspect of the book is the author's genuine democracy of spirit, the thorough-going courtesy of mind, the ac-

ELLEN'S DIARY

by an Island Farmer's Wife

Now that November's days are here, we realize that the year indeed wanes. "The next important date will be Christmas" Granddaughter commented this afternoon. She with Mack had come by, after school to visit briefly while their father helped Rob at some end of carpentry in the moved-barn. She had brought with her bright souvenirs of her Halloween to show us and now was folding them with a womanly touch, to tuck away presently with out such treasures of hers.

"Christmas is really better than Halloween," she continued. "Not so mysterious" she smiled, "though it does have its secrets."

"I'm going to hang up one of a brand new pair of Granddaddy's over-socks on Christmas Eve" Gage nodded with a merry chuckle. "I'll bet Santa Claus will have to busy himself to fill that!"

"Oh, he won't mind" Mack offered, "for he's the best fellow ever, to bring children nice things."

"Perhaps he'll think it's for Granddaddy" she said, "then the joke will be on you, Gage! How will you like to find it in... oh, maybe a package of cigars, or tobacco or...". More mature than Gage this child is though only a matter of a few months between them. But they are still the best of companions and friends as they have been since mere babes. Though sometimes we see her leave the boyish pastimes to him and Mack, to curl comfortably on the couch or in the old armchair and present us be so lost in the pages of a book.

"Don't educate your daughters!" did someone say? It would appear that if the urge to climb the heights of learning is there, what can parents do but foster it? And if, on the other hand there is little will to learn "book larnin'", what should we do but encourage the special talent with which the mind is gifted?

"Can you write your name yet?" we overheard James question Gage in part—just this evening. A fellow can't very well get along without knowing how to do that, nowadays! The youngster looked up at his Reader. "Yes" he smiled.

"That's good" James nodded. "And could you make up in your head what a pair of cattle weighing a ton, at, oh, we'll make it 10-12 cents bring?"

"I might be able to. I know I could if it were even money. But" he shrugged "not in my head!"

"But it's no good depending on pencil and paper" James twinkled. "Lot's of times on farms that's not quick enough!"

"But there are hard sums I can do" Gage offered.

"I gave you the length and width of a piece of land, could you find out how many acres were there?"

"I'm afraid not" he shook his dark head.

"Then it's going to take a spell of school yet, before you and I can go man-fashion into the farming!"

The farming this dampish day was confined to the yards and the building.

Until tomorrow — — — — — Diary
— — — — — Good-night

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7386
by Alice Brooks

Best Foot Forward

By Tracy Adrian

The fall fashion silhouette has to be considered from head to toe say the authorities. Vincent De Liso, famous shoe designer, predicts that the new incoming look needs something to stand on and he feels that foot-wear is a most important part of the ensemble.

For example, well dressed American women are asking for the most glamorous shoes possible. But being practical they want them with somewhat lower heels to suit their active lives. The pair shown are perky pumps in shiny calf with carved detailing ornament at the toe line. They are open-toed and open-heeled with a slender, graceful air.

Form a B. O. B. Club and Reduce

By Ida Jean Kain

"This the first time I have been happy while dieting to lose weight," is a typical remark made by overweight people who have joined a group for the purpose of reducing together. The remark itself is a clue to some of the reasons back of over-eating, loneliness, boredom and lack of understanding of the problem. The success of existing clubs is encouraging proof that overweight can help each other take a new lease on life and triumph over their common enemy—excess fat.

For many months, overweighted from all parts of the country have urged your dietitian to help them join a club, or if need be, start a club. A new leaflet SLIMMING CLUBS, which gives the necessary information, is now available. In requesting the leaflet, please be sure to enclose a stamped self-addressed envelope.

Now, let's take a specific example of the way one club is being formed. This one, in New Jersey, is a brand new club called B.O.B.—Battle of Bulges. The membership is being made up of friends and neighbors who have one common goal, to lose unhealthy fat. Two overweight homemakers are the co-founders and, so far, the other members are a school teachers, two beauticians and a nurse. The approximate amount to be lost is 40 pounds each. The founders have asked for help in developing the club into an interesting and educational group. First off, to keep the club on a sound health basis, each member must be checked over by her doctor. In the B.O.B. Club, since the group is small, each individual can be a committee of one in charge of records and activities: Weight Records; Measurement Records; Progress. The amateur photographer of the group can be in charge of pictures.

In all reducing clubs, the discussion period is most helpful. A member can lead the discussion, but when possible a specialist should be invited in. The problem of overweight is simply one of over-eating, but the causes of over-eating are more complicated. The talk-it-over method helps overweight people come closer to understanding what it is that makes them want to over-eat.

If there is a County Home Demonstration Agent available, ask her to be the first speaker with a talk on protective nutrition. The need is not for special diets, but for nutrition information and a meal planning pattern which can be used by all members of the family, with a minimum of adjustments for the dieter.

What will guarantee the success of individual clubs? A sincere desire on the part of each member to pull-her-own-weight in the club, to help and encourage the other members, and above all, to proceed on a sound health basis.

Happy slimming together, B.O.B. Club. Let's hear from you three months hence.

POLIO SPREADS IN U.K.

LONDON (Reuters) — Five confirmed cases of infantile paralysis were reported Thursday in Bedford, central England. Local health authorities there asked townpeople to avoid crowded places. In Scotland, Aberdeen and Prestwick because of polio cases.

TORONTO (CP)—The first of its annual classes for prospectors will be held at Huntsville beginning Nov. 22, the Ontario department of mines announced Thursday. Even a few housewives take the course each year the department said.

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