

Barbara Brents BUYS AND WHYS

MONTREAL, January 17th—Have you heard the latest? There's a love affair going on between Jell-O Puddings and me. In fact the whole family is included. It's no wonder we're all so fond of JELL-O PUDDINGS. Those rich, smooth flavors are truly luxurious eating. Not only that! Jell-O Puddings are nourishing... and so easy to prepare... no double boiler needed. You'd be amazed how quickly and economically they can be dressed up for company meals, too. And don't think I've neglected the Jell-O Tapioca Puddings. I always have on hand at least one package of each of the three flavors—Vanilla, Chocolate and Orange Coconut.

Men Like Soup that's real soup... and how they like it when it's good! That's why you'll be your man's favourite cook when you serve HEINZ CONDENSED VEGETABLE SOUP—Heinz January "Soup-of-the-Month". It's a real flavour-treat served as a first-course—or try this:

FISH LOAF
1 cup flaked cooked fish
1/2 cup dry bread cubes
2 tsp. finely diced onion
pepper
1/2 cup finely diced celery
3 green pepper rings
1 hard-cooked egg, sliced
Combine first seven ingredients. Grease a loaf pan and arrange green pepper rings in bottom. Place a slice of hard-cooked egg in the center of each. Pack loaf mixture in pan. Bake in a moderate oven (350 deg. F.) for 45 to 60 minutes or until firm. Turn out on platter. Serve hot or chill and serve as a cold salad loaf. Serves 10 cold or 6 hot.

When You Taste the tender sponge cake on top, blending with the delicious lemon custard on the bottom, you'll agree that this "Lemon Cake Top Pudding" is a Super puddin'! So easy to make... and so flavourful, too—when you use fine, fresh SUNKIST CALIFORNIA LEMONS.

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1 tsp. butter
1 c. sugar
1/2 c. fresh lemon juice
2 tsp. grated lemon rind
1/4 tsp. salt
1/2 cup flour
1 c. milk
1 egg whites
1/2 c. toasted slivered almonds
Cream butter, add sugar gradually, and cream together until light and fluffy. Add egg yolks and beat well. Add flour, lemon juice, rind, salt and mix well. Stir in milk. Blend in 1/4 c. almonds. Beat whites until stiff and fold into lemon mixture. Pour into loaf baking dish, 9 x 5 inches. Set in pan of hot water and bake in slow oven (325 deg. F.) 40 minutes, turn thermostat to 350 deg. and bake until brown, about 10 minutes. Remove from oven and sprinkle with remaining almonds. Serve either warm or chilled. Serves 8.

Hate To Wake Up to a cold, blowy morning? Then here's a breakfast suggestion that will warm you up in no time... a piping hot bowl of "CREAM OF WHEAT".

Take just a jiffy to prepare... Five minutes of boiling and 5 minutes "Cream of Wheat" is ready to eat. M-mmm... so good and so good for you! For 5 minutes "Cream of Wheat" gives you Iron for good red blood, and Calcium and Phosphorus for diets deficient in these elements. The "Cream of Wheat" habit is a good family habit—a favourite of your men-folks, too! So change "get-up" gloom to breakfast smiles—with taste-tempting bowls of "Cream of Wheat".

Of course you'll serve instant coffee at your bridge party. It's so easy to make—so economical—please be sure that your "instant" choice is INSTANT CHASE & SANBORN COFFEE! That's the only "instant" backed by over 85 years coffee experience. The flavour's there—and the body—and the real lift. I'm sure your guests will say—"M-mmm! This is good!" It's as easy to make twelve cups as one takes no longer to make than boiling the water—and there's no waste. You just make it in the cup and serve. Just wait 'til you taste that superb flavour! Your friends will thank you for introducing them to Instant Chase & Sanborn Coffee!

Did You Know Woodbury Powder is the most popular of all face powders? Not only among women, generally, but among Hollywood stars it's favored 6 to 1! The makers of WOODBURY POWDER say it's preferred because of the special blending process and exclusive foundation-cream ingredient. Most women don't know the technical reasons. They just prefer it because it's so fabulously fine, so velvety, clings beautifully for hours—and the shades have an excitement, a vibrance that does something magical for their complexions. Try it yourself... 23c, 45c and 75c. And watch your complexion take on a new sparkle when you wear one of Woodbury's harmonizing lipstick shades. Seven high fashion colors—all vivid and velvety... 23c and 55c.

The Neighbors By George Clark



"I've been here an hour. First I make more coffee to finish my toast—then more toast to finish the coffee"

STOP AT THE QUEEN HOTEL
A ROYAL WELCOME
LIVE LIKE A KING AT THE QUEEN
MONTELEONE

Women's Institute Meetings

GRAHAM'S ROAD W.I.

The regular meeting of Success W.I. was held at the home of the president, Mrs. John MacGregor on Wednesday evening, Jan. 9th. Meeting opened in the usual manner and roll call was responded to by thirteen members giving their supper dish on the same evening. Many appetizing hints were added to menus.

Minutes of previous meeting were read and approved and treasurer reported the following: \$9.05 share of expenses for sewing class—\$5.00 annual fee to Film Council; \$10.00 to T.B. League, \$5.00 gift for Bread for Greece fund, \$4.88 bill for Christmas treats to school children, and a bill of \$12.75 for gasoline lantern purchased for use in the school room. Several "thank you" notes were read for gifts received at Christmas by the senior members and shut-ins.

Mrs. John MacGregor and Mrs. George MacLeod were appointed to visit the school during the month, and Mrs. Hugh Campbell and Miss Laura MacKay were appointed to choose films for the February showing. A letter from Mrs. MacKinnon, Provincial convener of social welfare, brought a message on civil defence, and advised a study of personal protection under atomic attack. It also asked for a statement on handicapped children in the district which we members were proud to report was nil.

The Red Cross convener, Mrs. James M. Campbell distributed several articles of sewing and knitting among the members. Miss Laura MacKay entertained with a very instructive contest on radio attachments. A very interesting discussion was held on "Home Nursing" following Mrs. MacLeod's presentation of the first lesson which is the winter study for the Institute members.

Meeting closed with the "Island Hymn" after which a delicious lunch was served by the hostess assisted by Mrs. Roy Brown.

KILMUJR W.I.

\*Mrs. Dan Stewart entertained the December meeting of Kilmuir W.I. at her home. The President, Mrs. A. Finlayson, presided and Miss Anne MacDonald was appointed secretary pro-tem.

The meeting came to order by repeating the "Club Women's Creed" and nine members and five visitors responded to the roll call with a gift for exchange.

It was agreed to reorganize the Sewing Club early in the new year, awaiting a reply from the superiors committees reported and the following committees were appointed: Sick, Mrs. E. Farquharson and Miss Anne MacDonald; School, Mrs. Forhan Peers, Mrs. Cyril Johnston, Mrs. E. Farquharson and Mrs. A. Finlayson; Program, Miss Dot Stewart and Miss Laurie MacDonald.

Several items of correspondence received during the month were attended to and members agreed to express their disapproval of the increased rate of electricity for schools, halls and churches, and the secretary was asked to write on behalf of the members to the Public Utilities Commission.

Copies of the "Institute News" were distributed and several subscription fees were paid. It was agreed to take collection at each meeting and to hold a penny sale each month. Mrs. E. Farquharson volunteered for the next month. Mrs. D. Stewart and Miss Anne MacDonald volunteered to start a circulating exchange to augment the funds.

Mrs. Cyril Johnston invited the members to her home for the next meeting when the roll call is to be a New Year's resolution. The evening's program consisted of a contest "Who Am I?" which was conducted by Misses Dot Stewart and Laurie MacDonald. This was followed by carol singing with Mrs. Colin MacDonald as organist. The hostess, Mrs. Stewart, served delicious refreshments to all during the enjoyable social hour which followed the meeting.

BONSHAW W.I.

The members of Bonshaw W. I. met at the home of the President, Miss Carol Macdonald, for the January meeting. Nine members answered the roll call and reports were heard from the different committees.

Cards and letters of thanks were read from those who had received Christmas boxes from the Institute.

Pretty Pansies



Shaded lavender in crochet cotton make pretty pansies to trim these useful household items. The dollies can be made in pastel green, or in a color of your own choice, with the pansies edged in black to make them more effective. A leaflet is available including directions for making the dollies, hot plate mats, napkin holder and rolling pin hanger. Just send a stamped, self-addressed envelope to the Needlework Department of this paper and ask for PRETTY PANSIES, Leaflet No. S-164.

Ode and repeating the "Creed" in unison. One new member was welcomed. The minutes of the previous meeting were read and approved.

The secretary reported \$8.90 proceeds from the sale of candy at the school concert and a bill of \$15.00 expenses from the annual Christmas treat for the school children and shut-in residents of the district was presented. It was moved and seconded that this bill be paid.

The visiting committee reported one call and treat taken and bill for same was paid on motion. Correspondence was read and discussed. The T.B. Bond was received. Cards of appreciation for gifts from the Women's Institute at the Christmas season were received from Mrs. Layton Stewart, Miss Vivian Murphy and Mr. Vernon Murphy. A letter from Mrs. W. E. MacKinnon, Social Welfare Convener, was also read.

It was decided to send for the booklet entitled "Personal Protection Under Atomic Attack." Members were asked to use this little booklet as the basis for a study period at their next meeting.

Reporting for the school, the teacher, Miss Joan Murphy, mentioned that the radio in the school needed some repairs. It was decided to have the necessary repairs made and also to purchase new batteries if necessary.

Mrs. John Andrews volunteered to take the material for the quilt and the birthday box was passed around. Collection amounted to 80c.

Mrs. Albert Murphy invited the members to meet at her home for the February meeting when the roll call will be answered by hanging in quilt squares or a flour bag and also an "exchange of Valentines".

Program committee for next meeting will be Mrs. Croken and Mrs. Arnold Douglas. The meeting adjourned with the National Anthem.

DARLINGTON W.I.

The January meeting of Darlington Women's Institute met at the home of Mrs. Nell Campbell. Meeting opened by singing "Jingle Bells", followed by repeating the "Creed" in unison.

Roll call was answered by nine members exchanging New Year's gifts and minutes of the last meeting were read and approved. The following bills were presented and paid: Phone calls \$4.00, Christmas gifts to shut-ins \$30.00, expenses of turkey supper \$8.50, cod liver oil capsules \$7.75, treat for children: \$1.68.

The correspondence consisted of letters of thanks for Christmas gifts. The Red Cross committee reported two pairs of socks and one pair of pyjamas handed in.

It was decided the next meeting is to be at the home of Mrs. David Rennie and roll call is to be answered with "recipes for winter suppers". Mrs. Harry Ver Hoeven and Mrs. Donald MacPherson are to be on the program committee.

Program for the evening was a contest put on by Mrs. Angus MacPherson and won by Mrs. Rennie. Collection for the evening was 65c. Lunch was served by the hostess and the meeting closed with "The King".

CORONATION W. I.

The regular monthly meeting of the Coronation Women's Institute met at the home of Mrs. Fred Beard on Jan. 10, 1952. The meeting opened, with the president in the chair, by singing "Auld Lang Syne", followed by the "Creed" in unison.

Roll call was answered by 19 members and three visitors, giving a supper recipe for winter. Minutes of the last meeting were read and adopted. It was stated the proceeds of the bazaar and pantry sale held on Dec. 12, amounted to \$73.84. Sick committee reported that four calls had been made.

It was then decided to see about having hot drinks for the school children. Correspondence read consisted of thank-you letters and a letter from the Social Welfare convener. It was decided to write and ask for information on the Dental Health Clinic.

The third paper on "Winter Meals

Economical Meals

DIVISION OF NUTRITION, DEPARTMENT OF HEALTH AND WELFARE

The old saying "an apple a day keeps the doctor away" contains more truth than poetry. Canada's Food Rules recommend one serving of fruit besides citrus, every day. Fruits in season as apples serve very well to supply that second fruit. You may consider fruit a luxury especially in the winter and spring. Nutritionists take a different view. They recommend fruit to take the place of rich desserts, and especially to replace candy and pop for the in-between meal snack.

Fruit supplies sugar and starch for energy. It contains many minerals and vitamins not found in rich starchy foods. It stimulates the appetite. It provides roughage to offset the effects of foods that are more or less completely digested—milk, cheese, meats.

Let us consider the cost of fruit. One pound of prunes costs around 30c. It will serve around twelve persons at 2 1/2-3c a serving. A raisin pie will cost from 32c to 38c. Cut into eight servings, the cost per person will be 4c to 4 1/2-2c. The extra 2c per serving for the pie pays for sugar and fat which your family very probably does not need. Compare the food value and the price of prunes, raisins, apples, bananas and canned fruit with candy and pop at 7c, and fruit cannot be considered a luxury.

In buying fruit consider the following points: Buy fresh fruit only in season. Resist the temptation to buy strawberries that come all the way from Ontario. Buy in large quantities as storage space will allow. Buy dried fruits often this winter when they are plentiful. Medium sized prunes are the best buy. Small ones have too large a proportion of pit. Canned fruits are a luxury for the very low budgets, but can add a pleasant variety to any meal. Study your brands carefully. Watch the size of can, 20 oz. is the regular size. Buy choice quality and save a few cents. It is equally as good as fancy pack except that the size of the fruit is not uniform. When shopping know what you want and keep asking for it. That is the only way your grocer will know your wants.

A word about cooking: When stewing fruits, go easy on the sugar! Too much can spoil a child's taste for applesauce or prunes. It satisfies his appetite too quickly and also increases the cost! Start figuring out your costs per serving, and compare them with the cost of rich desserts. You will find that you can serve fruit often and economically.

for the Family" was then read. It was moved and seconded that the hall rent be paid, and also all other bills.

New committees were appointed as follows: School, Mrs. Ralph MacLeod and Miss Annie MacLeod (re-appointed). Sick, Misses Annie MacLeod and Margaret Campbell. Roll call for next meeting is to be answered with a Valentine verse and the meeting will be held at the home of Mrs. Frank Brown.

A very enjoyable programme was carried out by the committee in charge, which caused great laughter, prizes being won by Misses Lottie Parsons, Mary Campbell and Mrs. Edna Stewart. Collection amounted to \$1.70 and dues collected were \$2.10.

The meeting closed with the National Anthem and a very delicious lunch was served by the hostess and ladies in charge.



MORE BOUNCE TO THE BUMPS—Inventor Jeff Corydon II of Chicago shows off his new "Bump-Air" guards that promise to produce a livelier bounce when Mama rams the rear wall of the garage. The inflated rubber guards are designed to be mounted on steel auto bumpers. Corydon will make them himself.

That Body Of Yours

Continued from page 2
ousness of the examination and the physician's willingness to answer all his questions. Rest of mind and body is the first thought. The physician, understanding the nervous and emotional make-up of the patient, can help him to take hold of himself and work out the patient's own methods of meeting his difficulties. These patients are tired from overwork and nervous strain without sufficient rest or vacations. Such patients (especially busy mothers) must be shown the need and helpfulness of an hour or two of rest during the day, an extra hour of sleep at night, or a few days of complete change of their surroundings.

VALUES TRULY SUPREME

EVERY DAY IS BARGAIN DAY HERE — BUT THESE VALUES ARE OUT OF THE ORDINARY AND WILL SELL IN A HURRY! COME IN NOW AND DON'T BE DISAPPOINTED.

Table listing various clothing items and their prices, such as Coney Fur Coats (79.50), Black Seal Coats (129.50), Chinese Kidskin grey (195.00), Ladies' Coats (29.50), Ladies' Coats (49.50), Group of coats, cloth & corduroy (15.00), Group of Girls' Coats (10.00), Group of dresses, new styles (4.00), Girls' Sailor dresses (1.79), Girls' Wool dresses (1.98), and Ladies' crepe slips (1.98).

The GRENDAL CO. LTD. 150 GT. GEORGE STREET

Advertisement for Heinz Ketchup featuring a woman holding a bottle, a large bottle of Heinz Ketchup, and text: "Reach for Quality PLUS Economy", "Buy Ketchup by the ounce", "For real ketchup value look for Heinz. Compare Heinz 13-ounce bottle with the 11-ounce bottle of some other brands and see how little you pay for Heinz extra quality. Heinz Ketchup provides a truly economical way to perk up left-overs, casseroles and inexpensive meats. Because it is cooked to a rich, full-bodied concentration, it goes further. The famous red bottle is seen everywhere, in fashionable hotels, resorts, restaurants, yet it also enjoys the world's largest mass demand for home use."

Anne Adams Patterns

WEEKLY SEW THRIFTY

TWO APRONS to keep you fresh and pretty at work! Make the bib apron of a sturdy fabric for day-time chores, and the half-apron of something dainty and gay for teatime! Both have stand-away pockets, and a pert flirt to the skirt!

Pattern 4565—in Misses' sizes: Small 14, 16; Medium 18, 20; Large 40, 42. Small size, bib apron takes 1 1/2 yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS c/o of The Guardian, 60 Front St. West, Toronto, Ontario.

Advertisement for King Cole Tea: "KING COLE TEA Fragrant and Delicious" with a list of sizes: 4565, 14-16, 18-20, 40-42.