

Try New and Delicious Snack - Time Suggestions

By The Canadian Press

This is the season when snacks are in demand. Whether for bridge clubs or friends who just happen to drop in, it's nice to have something that is easy to prepare but just a bit different.



The Bakery Foods Foundation of Canada offers some tasty tidbits for these occasions. Caraway cheese French bread is different and easy to make.

Use one cup grated, Canadian cheese, two teaspoons caraway seed, three teaspoons mayonnaise or salad dressing, one French stick or Vienna loaf and one-quarter cup soft butter or margarine.

Combine cheese, caraway seed and mayonnaise. Cut bread diagonally, almost through to bottom crust, into one inch slices. Spread butter between slices. Spread cheese mixture between each slice. Wrap loaf in aluminum foil. Heat in hot oven 400 degrees F. for 15 minutes, or until piping hot and crusty. Yields 12 servings.

Rye Toasties

Garlic rye toasties: One-quarter cup soft butter or margarine, one garlic clove, 34 thin slices salty rye bread.

Cut garlic clove into four pieces and cream into the butter. Let stand 30 minutes. Remove garlic pieces.

Spread one half teaspoon of the garlic butter on each slice. Place slices on cookie sheet, spread side up, and toast in hot oven 400 degrees F. for seven minutes or until crisp. Makes 24 toasties.

Crackley bread sticks: Six wiener rolls, one quarter cup soft butter or margarine, one quarter cup finely grated parmesan cheese, one half teaspoon Worcestershire sauce, poppy seeds or finely chopped peanuts.

Quarter wiener rolls lengthwise. Combine butter, cheese and Worcestershire sauce and spread this mixture on sides of each bread stick. Roll each stick in poppy seeds or finely chopped peanuts. Place sticks on shallow, lightly buttered pan and toast in a moderate oven 350 degrees F. for about seven minutes, or until crisp.

and lightly browned. Yields 24 crackley sticks.

Parsley lemon loaf: One loaf unsliced bread, one cup chopped parsley, one half cup soft butter or margarine and two teaspoons lemon juice. Cut loaf in half lengthwise. Cut each half almost through to bottom crust, into 12 slices. Combine parsley mixture between each slice. Place loaf on cookie sheet and heat in hot oven 400 degrees F. for about 12 minutes or until brown and crusty. Yields two dozen slices or about 12 servings.

How Can I!!!

By Anne Ashley

Q. How can I keep flannel garments soft when laundering?

A. Flannel should be washed and rinsed in warm water of exactly the same temperature. Rub well in sudsy water and rinse several times. Dry quickly to prevent shrinking, either in a hot sun or near a fire.

Q. How can I keep the kitchen sink in good condition?

A. If the kitchen sink is rubbed occasionally with kerosene, it will be kept in good condition.

Q. How can I make good bacon and egg sandwiches?

A. By chopping crisp bacon and hard-boiled eggs and mixing. Add chopped pickles or olives and moisten with mayonnaise.

Household Scrapbook

By Roberta Lee

Burns

Apply kerosene immediately to a superficial burn and there will be no soreness. The applications should be repeated until the burning sensation is gone.

Woolen Shawls

Woolen shawls and such articles can be washed satisfactorily by using warm suds to which powdered borax is added. Rinse well and dry slowly.

Pie Crust

The pie crust will be especially light and flaky if a half teaspoon of baking powder is added to every cup of flour.

Gave Birth To Son In Manger Christmas Day

OLINTON, Ont., (CP)—A happy Dutch mother said Monday she knew that a healthy son born to her Christmas morning in a manger "had been blessed."

Mr. and Mrs. Leenton Rehorek came to Canada from Holland three years ago and now have a 100-acre farm 18 miles north of Stratford. About 80 yards from the house is an unpainted barn. There, in a straw-filled manger just before dawn, the nine-pound boy was born.

It was after Mr. Rehorek went to the barn to milk and feed the cows that his 32-year-old wife realized the baby was about to be born.

She waded through knee-deep snow to reach him.

"I had to lie in the straw and I remember as the baby was being born a young calf poked its head through a wooden grate," she said.

Mr. Rehorek picked up his wife and the baby and carried them in one of his jackets and drove as fast as he dared over icy roads to the hospital, a few miles northwest of his farm.

Mrs. Rehorek said she didn't realize the significance of time and place in the arrival of her son until she heard a nurse singing a Christmas carol in the hospital corridor.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

THIS is a day in which friendship and hospitality should be extended to relatives and friends; a day for warmth and generosity; and a day in which to encourage new friendships, too. Kind impulses will be appreciated more than they usually are, so take advantage of the spirit of amity now prevailing.

The desire for pleasure and freedom during this period may make you impatient with necessary and routine tasks but, if you will tackle them early and get them out of the way, you should have a relaxing and enjoyable day. Look for a surprisingly good outcome in a matter affecting your home life.

For the Birthday

If tomorrow is your birthday, your horoscope indicates that through a surprising turn of events, you may find yourself in line for promotion, a new occupational opportunity or such evidence of preferment from those in high places that you will gain in dignity, honors and prestige.

With such benefits, you may be obliged to take on new responsibilities but, regardless of how onerous they may seem in the beginning, a display of willingness and enthusiasm in taking them on will further increase your stature in the eyes of superiors. Take advantage of every opportunity offered for you are at the beginning of an extremely fine cycle and how you handle situations now can well affect your entire future. Domestic, romantic and social affairs are also under good aspects so you should find great cause for optimism at the beginning of this fine new year.

A child born on this day will be logical, intelligent and endowed with a great sense of responsibility in his dealings.

Better English

By D. G. Williams

1. What is wrong with this sentence? "Let's not go tonight; I've been to a banquet."
2. What is the correct pronunciation of "resilience"?

3. Which one of these words is misspelled? Octopus, cleomargarine, optometrist, onerous.
4. What does the word "salutary" mean?
5. What is a word beginning with cr that means "belief"?

ANSWERS

1. Say, "Let's not go tonight; I've been at a banquet." 2. Pronounce re-sil-i-ens, first e as in me, both i's as in it, accent second syllable. 3. Cleomargarine. 4. Promoting health; curative. "Laughter is one of the most salutary of all bodily movements." 5. Credence.

Modern Etiquette

By Roberta Lee

Q. Is it necessary for me to invite the minister who officiates at my daughter's wedding to the wedding reception?

A. This would depend upon the size of the wedding. If it is to be a very large wedding, then both the minister and his wife (if he has one) should be invited. If, however, the wedding is a small one just for relatives and intimate friends, an invitation is not necessary.

Q. By whom should the first gesture of friendship be made, by the family of the man or of the girl, when they have become engaged?

A. By the family of the man.

Q. How does a mother refer to her son's wife when introducing her to friends?

A. To casual friends, she may say, "My daughter-in-law." To close friends, she may say, less formally, "Bob's wife."

Exchange Vows



Following their recent wedding at Hart House Chapel, University of Toronto, Ont., Mr. and Mrs. Murray Taylor are pictured above. Rev. J. J. Jones, D.D., performed the ceremony. The bride is the former Margaret Lillian Darrach, daughter of Mrs. John Angus Darrach, Canoe Cove, P. E. I., and the groom is the son of Mrs. Avern Taylor of Oshawa and the late Mr. Taylor. Mr. and Mrs. Taylor are residing in Toronto.

DOROTHY DIX'S COLUMN

A Singular Objection

Happy Wife Resents Hubby's Mother Slipping Him Gifts Of Money

DEAR MISS DIX: My problem is an in-law one—but with a difference. Van and I have been married a year, and his people are just wonderful to us. They live quite a distance away, and we visit them for a week end about once a month. On every visit his mother corners Van to discuss "business", then slips him some money. Of course, this isn't supposed to be a secret from me; I think it's just her way of being tactful. However, I resent this money business, since Van makes a good salary and we do not need financial assistance. I prefer to be independent. Do you think I'm being foolish, or should I continue to object to my husband's taking money from his mother?

IRENE V.

ANSWER: Your reaction isn't exactly foolish, Irene, but it is squeamish. Doesn't it seem unfair to resent something as innocuous as a mother's help to her son, especially when there is absolutely nothing else in the in-law relationship that disturbs you? Independence is a wonderful quality, but when it must be exercised at the expense of another's feelings, it loses much of its merit. Certainly, the whole matter isn't worth arguments between you and Van. If you cannot discuss it without acrimony, it would be far better to have him take the money, park it safely in a bank for emergency use, and forget about it. Perhaps the day may come when Van's mother will need it herself; apparently she's the type who prefers giving to saving and a rainy-day fund could come in mighty handy in case of illness or financial setback.

Your desire to stand on your own is most commendable, but don't get arrogant about it. Comes a time when it's good to have someone to fall back on. In the meanwhile, handle this financial angle intelligently. Don't make a row over it; have Van explain to his mother, tactfully, that he doesn't need the money. But if it's obvious that giving it is a pleasure to her, accept the kindness as it's intended, with graciousness.

DEAR MISS DIX: I'm a high-school junior in love with a boy of 18, who is in service. My mother knows we've been going steady, but doesn't realize that we are engaged. We expect to wait two years before we marry. How shall I tell her?

M. S.

ANSWER: Your mother should have been kept informed of the progressive romance. Since she knows you are going steady, the news that you're serious shouldn't be too much of a surprise, and, as she likes the boy, she probably won't be displeased. The important thing is not to keep the engagement a secret any longer.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

MEADOW BANK W. L.

The 15th annual meeting of the Meadow Bank W. L. was held at the home of Mrs. Victor MacPhail on Nov. 2.

Nine members answered roll call with their annual fee. Four visitors were also present. The secretary reported a balance on hand of \$502.85. The president, in his report reviewed the year's work which showed that many worthwhile endeavors were carried out during the year.

Reports were heard from the school committee secretary and Red Cross. The officers for the

coming year was by open nomination and are as follows: Hon. president, Mrs. Fred Hyde and Mrs. W. W. Crosby; president, Mrs. Harvey MacLean; secretary-treasurer, Mrs. James Yeo; directors, Mrs. Charles Hyde, Mrs. Stanley Hyde and Mrs. Collin MacPhail; auditors, Mrs. Pearl Scott and Mrs. Gordon MacLean; organist, Mrs. L. H. Drake; press secretary, Mrs. Sterling Clow; committee clerk, Mrs. L. H. Drake and Mrs. Collin MacPhail; school, Mrs. James Yeo; Red Cross, Mrs. Gordon MacLean and Mrs. Charles Hyde. Girls sewing club leaders, Mrs. Gordon Mac-

Triplets For Christmas



Mrs. R. J. Cousins of Winnipeg celebrates Christmas with the birth of triplets—her first children—in a Winnipeg hospital. The babies, two girls and a boy, weighed five pounds, five pounds six ounces, and six pounds two ounces.—(CP Photo).



That Body Of Yours

By James W. Barton, M.D.

THE GREAT VALUE OF PROTEIN FOODS

During World War II, with so many office men and housewives doing physical work in industry, the amount and kinds of food eaten by these industrial workers was studied by our nutrition experts and it was found that when the worker tried to get by on a small breakfast without proteins (meat, eggs, fish) he was tired before the lunch hour, whereas the worker who ate some protein was able to carry on with his work without fatigue or undue fatigue until the lunch hour.

For the past few years, then, despite the increase in the price of meat, nutrition experts have been advising that proteins, especially meat, be eaten not less than once a day and, when physical work was being performed, meat or other protein (dair, eggs) should be eaten twice a day.

Now that meat is considered man's best single food, the amino acids of meat are receiving much attention. The amino acids are the essential part of meat, eight of which must be eaten daily, fortuitously practically all kinds of meat and all the various cuts or portions of meat contain these eight amino acids.

In the United States, Chicago is the great meat center and so some valuable information about meat and amino acids is available from Dr. B. S. Schweigert, Associate Professor, Department of Biochemistry, University of Chicago. Thus we find that round steak contains 19.5 per cent protein, pork ham 15.2 per cent, lamb leg 18 per cent, and beef liver 19.7 per cent.

Although we may think of meat as not containing much moisture (water), beef contains 69 per cent, pork ham 53 per cent, lamb leg 63 per cent, and beef liver 69.7 per cent. The amount of fat in each of the meats is of interest because we all need some fat daily to help control temperature and add suppleness to the body. Thus beef (round) contains 11 per cent fat, pork ham 31 per cent, lamb leg 17.5 per cent and beef liver 3.2 per cent.

From the above we find that "the most striking aspect of the nutrient composition of meat is the high amount of protein present and the fat content quite variable."

While we must think of protein as being the chief or most important foodstuff, we must remember that cereals and milk and vegetables and fruit are also absolutely necessary in our daily food as they are rich in vitamins and minerals.

Proteins are the building blocks of the body but cereals, vegetables and fruits are needed to hold them together to complete the job.

WOMAN PROFESSOR

PRETORIA—(CP)—First woman to become a professor in a South African University medical faculty is Dr. Tobie Muller, 35-year-old mother of three children, appointed professor and head of the anatomy department at Pretoria University. She studied at University of Toronto once on a special grant after a tour of Europe.

WHIPPED CREAM CAKE

1 cup cream (whipped)
2 eggs
1 cup sugar
1 1/2 cups cake flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon flavoring (vanilla)
Mix together in order given stirring in baking powder at last. Bake in 2 layer pans.

Filling

2 1/2 teaspoons flour
1/2 cup sugar
1/4 teaspoon salt
1 cup scalded milk
1 egg
1 teaspoon vanilla

—Mrs. Eldred Simmons, Read's Corner W. I.

Matthews-Leard Wedding



Above are the principals in a pretty wedding at the Presbyterian Manse, Summerside, on Dec. 5, when Myrtle Blanche, daughter of Mr. and Mrs. Waldron Leard of Coleman, and Eldon Oliver, son of Mr. and Mrs. Silas Matthews of Alberton, were united in marriage by Rev. Donald McKay. They now reside in Alberton, P. E. I.—(Photo by The Read Studio).

Anne Adams Patterns

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Morning Smile

"Now frankly," the surgeon warned, "I must inform you that this is a very serious operation. Four out of five patients die under it. Is there anything I can do for you before I begin?"

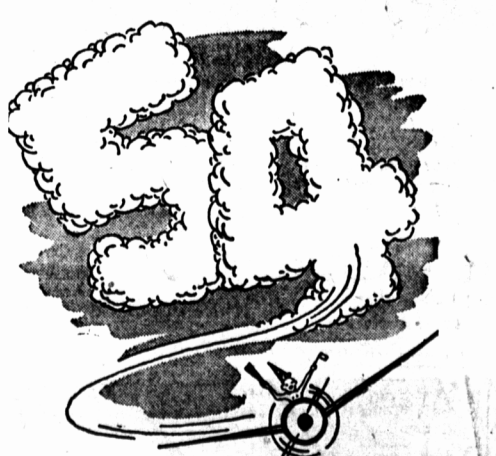
"Yes," said the patient, "help me on with my shoes and pants."

OLD MOMENTOS

CARMANGAY, Alta., (CP)—Curlies and hairlooms exhibited by the hospital auxiliary here included a 200-year-old snuff box, and a hand-loomed plaid shawl at least 150 years old.



4693 14 1/2-24 1/2 by Anne Adams



We hope that all the clouds on your New Year's horizon will have silver linings! To each and every member of this community whose friendship we value, we wish you sunny skies and golden days for the New Year.

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Going Dancing?

SILVER BROCADE EVENING PUMPS

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Many Other Evening Shoes at

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WHIPPED CREAM CAKE

1 cup cream (whipped)
2 eggs
1 cup sugar
1 1/2 cups cake flour
1 1/2 teaspoons baking powder
1 teaspoon salt
1 teaspoon flavoring (vanilla)
Mix together in order given stirring in baking powder at last. Bake in 2 layer pans.

Filling

2 1/2 teaspoons flour
1/2 cup sugar
1/4 teaspoon salt
1 cup scalded milk
1 egg
1 teaspoon vanilla

—Mrs. Eldred Simmons, Read's Corner W. I.

HAPPY NEW YEAR

First we'd like to extend to our many friends and customers, our heartfelt thanks for your lasting loyalty, and then top this, with our cordial wishes that each and every one of you will surely enjoy... A Happy, Prosperous New Year!

S. A. McDONALD