KEEP IN TRIM

Weight Gain Really Not Inevitable For 'Ex - Smoker

By Ida Jean Kain

Why do pounds tend to pile on when a person stops smoking? The fact that so many former smokers have gained unwanted pounds after they stop smoking is responsible for the widespread impression that a weight gain is inevitable.

It is true that food tastes better for the taste buds have become sharpened. For this reason, it is particularly important to guard against a weight gain at this time. Dr. Hugh M. Sinclair of the University of Oxford in England pointed out that the average person need not adopt a special diet when smoking is stopped but he did stress that the bathroom scales should be watched more closely.

There is some evidence that smoking mildly depresses the appetite. However, the increased appetite is only temporary and, if food intake is kept under control, the appetite soon adjusts to body needs. Readers have asked if there is a chemical change that takes place within the body. Physiologically there is no change and the assimilation of food remains as before.

You can help yourself over the adjustment period with nutrition know-how. By changing the character of your eating pattern, hunger can be controlled without increasing the calories. Experiments indicate that the blood sugar level is a factor in appetite control. The protein foods which help maintain blood sugar levels sustain energy and stave off hunger. For this reason, when smoking is stopped, it is helpful to keep protein high.

BREAKFAST IMPORTANT

There is a better carry-over of energy when a complete protein is eaten at each of the three daily meals, starting with breakfast. In fact a substantial breakfast can be a weight-saver for the former smoker. The morning meal should include an egg or two, and lean meat, plus a slice of toast, fruit or juice and coffee. Lunch can include lean meat or fish or a liberal serving of cottage cheese, plus hot soup made with skim milk and a light dessert. At dinner, a liberal serving of lean meat should be the backbone of the menu.

Snacks are especially important to the ex-smoker. The snacks for the most part can be filling and non-fattening, such as crisp celery, carrot sticks, cauliflowerettes or crunchy low calorie crackers. The late afternoon snack, however, should be a glass of skim milk or buttermilk, a hard cooked egg or a ¾ oz. serving of cheese . . . in other words a protein food.

It is important to keep in mind that the sharpened appetite will level off after a few weeks. A conviction in your own mind that a weight gain is not inevitable can be a decided help.

ELLEN'S DIARY

Unsettled Weather Ahead

We found gulls this morning, dipping, rising in glistening grace along the river which bears the overflow from the millpond far out to the Strait. They threaded routes brightly through the dark evergreens there, winging against the wind and uttering their high-pitched somber cries. And noting their presence again in out neighborhood, we remembered how well the seasons are planned and executed—how perfectly and unhurried they fall into their usual patterns as the days give them shape. Crows, robins, starlings, gulls, so we at Alderlea can reckon Spring's progress.

"That doesn't look too good" James called from the barnyard to us on a verandah. "See, Ellen, the gulls are in from the river! Unsettled weather ahead."

So this week brought the gulls, and led the April-month away. Down the river there is lace, we think of catkins on the little plantation of poplars; by the mailbox, buds of the dogwood swell to bursting. And about the lawn, the children find delicate crocus-cups and hyacinths headed toward bloom.

And down from some summerland beyond a hilltop May came, hands full of gifts for young and older. She is a lovely maiden of lady. Auburn-haired, we could fancy. To be especially beautiful in the green gowns she must wear with her emeralds "for luck."

This week, the children ended their period of confinement indoors and wrapped warmly against any cool breeze of day found many a delight awaiting them out about. It was good to hear again their merry young laughter ringing out and to welcome their visits to this door, the pup happy at their heels.

They visited too every animal about, every calf and lambkin, every horse and cat, and the plants about the lawn border. They took turns on the swing of rope beneath the white birch and wandered down then to number the robins in the front meadow, stopping at the far side to watch the water tumbling through the nearer spillway, dropping in foam to race away then to join the river below.

First fencing appeared, this week, and the use of the tractor in a first trek along the fields at the hauling. The little truck made its initial trip by lane to the yard, and once more as in summer cars move along our road.

And the days of the week came to us and are gone leaving many a delight and happiness about. Happiness is supposedly an elusive factor in living but often so easily come by—so close at hand. "The hope of stumbling upon ready-made happiness" one says "disregards a principle at the heart of life: life is not what you find it, it is what you create. We are born with two things, existence and opportunity and these are the raw materials out of which under God, we can make a worth-while life."

So the week is gone with its cares, and our sinnings, and those riddles of living we could not solve. But another will come, a week of fresh dawns and new days, our tomorrows.

"Tomorrow, friend will be another day"
A seer of old was wont to say
To him who came at eventide, in grief,
Because the day had borne no fruitful sheaf.

Oh Lord of life, that each of us might learn
From vain todays and yesterdays to turn,
To face the future with a hope newborn
That what we hope for cometh with the morn!"

Until Monday — — —Diary — Good-night.

PATTERN M309
by JERRY PARNIS

CAPE-COSTUME BY JERRY PARNIS

Capes are stirring up a breeze again—this one just enough cover against the chills of summer evenings. Follow the line of buttons—to the smart sleek dress beneath! "The cape-costume is completely changing our concept of warm-weather fashions", declares its talented American designer Jerry Parnis—"from bareness, to a lightly covered look." So much more graceful and feminine—we agree! This new theme carries on to the little sleeves of the dress; a slim, symmetric beauty (simple, yet wise in the ways of figure-flattery). Choose a crisp cotton or linen; fine silk surah or tweed—you have a wide selection of fabrics to please your personal taste.

Pattern M309 is available in Misses' Sizes 10, 12, 14, 16 and 18. Size 16 dress and cape require 4 3/4 yards 35-inch fabric.

Send **FIFTY CENTS** (in coins) for Pattern M309 to Charlottetown Guardian Pattern Department, 60 Front St. West., Toronto, Ont. Please print plainly **YOUR NAME, ADDRESS** with **STYLE NUMBER** and **SIZE**.

WOMEN

HAPPENINGS

"Proudly we stand,
Here in the glory of our rich today
With yesterday's achievement in our hands,
Before us the bright promise of to-morrow."

These inspiring sentiments were voiced at the Silver Anniversary Founder's Day Banquet of the Beta Sigma Phi Sorority held Monday, April 30th, in the Charlottetown Hotel.

There are three chapters of this glorious sisterhood in this province (Alpha, Exemplar, and Beta) and this was the first occasion when all three had met at the same time.

The evening began with the singing of the Queen. This was followed by the opening Ritual given while members were standing at the table, before being seated. The Beta Sigma Phi grace was said by Mrs. Keith Lapp.

The banquet table made a lovely picture. The head table was centered with a black bowl of yellow roses, with lighted yellow tapers on either side. Each guest's place was marked with a yellow rose place card. Guests of honour at the head table were Mrs. Keith S. Rogers, Educational Director in this province for Beta Sigma Phi, and Miss Lena C. McLure.

Mrs. W.A. Johnson as chairman on this historic occasion performed her duties beautifully and welcomed the pledges.

Mrs. Hugh Simpson, Junior, reviewed the year's work, after which she was presented with the past president's gavel by Miss Audrey Gillis, to mark Mrs. Simpson's successful term of office. "Proudly We Stand" by Marjorie Scott was read by Mrs. Larry Slaght.

The message from Mr. Ross the founder of Beta Sigma Phi was read by Miss Eileen Burke.

The Founders' Day Pledge was proposed as a toast by Mrs. Gordon Bears. The toast to the Silver Anniversary was given by Mrs. Gabriel Chaisson. The toast to the Golden Anniversary was given by Mrs. Tom DeBlois.

As Mrs. DeBlois with amazing, hitherto unsuspected powers of clairvoyance, gazed into members' crystal ball of the future, peals of laughter greeted the remarks of this Leacockian wit of the Prince Edward Island Sigma Phi. To round out the evening the members played bridge in the Hotel Lounge.

All who had the honor and pleasure to attend, will long remember this Founders' Day Dinner of Beta Sigma Phi Sorority.

An out-of-town guest for the Beta Sigma Phi Founders' Day Dinner was Mrs. E.P. Watson of Moncton.

The Woman's Editor reports from Independence along with other social events the Daniel — Truman wedding day this one: "Mrs. Ben Olsen reported a Beta Sigma Phi Founders Day Dance on Saturday night at the Knights of Columbus Hall and invited a photographer."

Mrs. Bessie Holman who has been spending the past two and a half months with Mr. and Mrs. Reginald Holman and family Vero Beach, Florida, returned Monday evening to charlottetown. Mrs. Holman also visited in Washington and Boston on her way home. Mr. Ralph Holman, Toronto, visited his mother during her residence in Florida.

Mrs. Ralph Jenkins, North River Road, returned Monday night from a seven weeks trip to Florida. Mrs. Jenkins had joined her mother, Mrs. Bessie Holman, at Vere Beach, and accompanied her to Charlottetown.

The Charlottetown School of Nursing held a Class Dinner for the graduates Wednesday evening at the Queen Hotel. There were thirty-four guests present on this happy occasion and after the dinner a sing-song was enjoyed with Miss Helen Marie MacCormack as pianist for this part of the evening.

Later in the evening the Intermediate Class entertained at the Nurses' Residence for the graduates. There was a reception followed by a dance and supper. The table was decorated with a large silver bowl of spring flowers and the tapers were blue and white, the class colors. A beautifully decorated festive cake was cut by the president, Miss Betty Smith. Music for the dancing was by the Les Alexander Down Towners Orchestra.

Miss Ethel Hodgson and Miss Laura Hodgson, North River Road, leave Tuesday morning on a visit to Halifax.

Mrs. Waldon Moase and her daughter Ena May, Freetown, spent the weekend with Mrs. Moase's mother, Mrs. Peter Morrison, Upper Prince Street.

Miss Lorna Chandler left by plane Friday for Halifax to join Miss Marjorie MacLeod. They will proceed by plane to visit their aunt Mrs. Charles E. Robertson and Col. Robertson in Fort Monmouth, New Jersey, and will also visit in New York City.

In honor of Miss Burke and Mr. Ewing the following friends also entertained Friday evening—Miss Burke and Mr. Ewing were dinner guests of Dr. and Mrs. Gerald Barrett and Mr. and Mrs. Stuart Veale at Old Spain.

Saturday evening Miss Burke and Mr. Ewing were guests of the doctors of the Mental Health Clinic and their wives at the home of Dr. and Mrs. Mack Beck and a presentation was made.

Monday evening Mrs. R.S. MacDonald and Mrs. George Murphy, Southport, were hostesses at a Community shower for Miss Burke at the home of Dr. and Mrs. MacDonald and many beautiful gifts were received.

Miss Suzanne Palmer was the guest of honour at a dinner Tuesday evening at the Charlottetown Hotel. Those entertaining on this occasion for Miss Palmer were four of her colleagues at Maritime Central Airways. Miss Palmer leaves shortly for Montreal.

The Misses Edith Smith and Bernadette McManus held a miscellaneous shower at the home of Miss Smith on Monday evening in honour of Miss Eleanor Storey, whose marriage takes place on May 19th at Zion Presbyterian Church. The gifts were presented and the accompanying verses read by Miss Shirley Vessey, after which a delicious lunch was served by the hostesses.

Mrs. Joseph Winters who has been spending the winter in Charlottetown with her son, Mr. Everett Winters, Mrs. Winters, and granddaughter Susanne, leaves this Saturday for her home in Cape Blomidon, Nova Scotia. Mrs. Winters will be accompanied home by Mr. and Mrs. Winters and Susanne who return Monday to Charlottetown. Mrs. Everett Winters was the former Miss Marjorie Neally, North Kingston, Nova Scotia.

MEADOW BANK W.I.

The April meeting of Meadow Bank Women's Institute was held at the home of Mrs. Pearle Scott and Mrs. Sterling Clow.

Meeting opened with singing of Home Sweet Home followed by repeating the creed. Fourteen members answered roll call with a housecleaning hint or problem. The minutes of previous meeting were read and adopted.

The secretary gave a financial statement and reported that eight folding chairs had been purchased for the school.

Correspondence consisted of letters from Mrs. Burge and Mrs. MacGregor, also a receipt from the March of Dimes.

One member paid fees and one paid for Institute News. The Institute News were given out. It was decided to send the A.C.W.W. fees in to the office.

4-H Club work was discussed. It was decided to sponsor the Garden Club for another year. Mrs. L.H. Drake moved that we have a representative from the Department of Agriculture come to the school to speak on calf clubs, also to show films. This was seconded by Mrs. Sterling Clow.

Next meeting will be at the home of Mrs. Roy Crosby. Mrs. Gordon MacLean and Mrs. Stanley Hyde will assist with lunch. Roll call will be a Mother's Day quotation.

At the conclusion of the meeting lunch was served by the hostesses assisted by Mrs. Charles Hyde and Mrs. James Yeo.

BROOKFIELD W.I.

The regular meeting of the Brookfield Women Institute was held on April 3rd at the home of Mrs. Pearle MacLeod. The meeting opened by repeating creed in unison.

Roll call was answered by six members and three visitors were present. One member paid her fees for the year. Minutes of last meeting were read and signed.

The sick and school committees had no reports. The following articles have been taken to the Red Cross Rooms: 3 prs ankle socks, 2 prs. overalls, 1 party dress and 3 pullover sweaters.

Correpondence was read by the secretary. It was moved and seconded $5 be given the Red Cross. $1.50 was paid in on cod liver oil tablets. $2.00 paid for use of hall.

Programme committee for next meeting is Mrs. Robert Andrews and Mrs. Gordon MacLeod. Roll call to be answered by a penny for every size of your shoe. Collection was 75 cents.

It was decided to go to the school on April 12th to pack woollens. Next meeting is to be held at the home of Mrs. Wilfred Wood. Meeting closed by repeating Lord's Prayer.

A delicious lunch was served by the hostess.

PLEASANT VALLEY EVENING AUXILIARY

Mrs. Millar Weeks was hostess to the members of the Pleasant Valley Evening Auxiliary for their April meeting. The president, Mrs. Woodrow Jackson presided. Minutes of previous meeting were read and approved and thirteen members responded to the roll call.

Mrs. Glen Ling led the devotional period and program. The hymn, "God of mercy, God of grace" was sung by the members and Mrs. Whitfield Abbott read the scripture.

The committees gave their reports and correspondence was read and discussed. It was decided that a special collection would be taken at the next meeting for the Temperance Federation. Thirteen hospital calls and thirty-three home calls were made during the month, two treats of fruit were given to sick and thirty-two cards were sent.

Mrs. Arthur MacLean invited the members to meet at her home for the May meeting. Mrs. George Smith and Mrs. Ivan Frizzell will assist with lunch. Worship service will be in charge of Mrs. George Smith and Mrs. Ivan Frizzell will present the study period.

Meeting closed with Circle of Prayer by members. A delicious lunch was served by the hostess and committee in charge.

COOK'S CORNER

PICKLED BEETS

3 cups vinegar
1 cup cold water
1 cup brown sugar
Allow to become hot and pour on the beets.

MARY HAWORTH

Strong Silent Man Worries Quiet Wife

MARY HAWORTH'S MAIL

Dear Mary Haworth: My husband is the strong silent type, and I do mean silent! He hardly ever has much to say, to me at least. When we are with other people, we both get along well, conversationally. But when we are alone together—I just can't understand what's wrong.

Our marriage is pretty normal, but this lack of communication worries me. Oh, I don't mean we never talk: but it is this sort of thing: "Pass the butter." Or "What did you do today?—nothing, I suppose." Or 'How were the kids today" Etc. What I miss is interesting conversation — talk about your feelings and impressions; a real give-and-take.

I knew when we married that Jim was quiet, and that should have been taken into account, for I am quiet too. And I've come to believe that you shouldn't marry the quiet type if you are quiet too. I hardly ever know what Jim is thinking about; he is like a stranger.

RACKS HER BRAINS

I rack my brains for things to say, but Jim isn't cooperative at all! I feel as though I am married to an old man, although we're both young—28 and 32. Is it always going to be like this? I think I'd rather live alone, than be so lonely for friendly warmth.

Is there anything I can do? I've expressed my feelings to him on this; but he laughs and says I am silly. Perhaps I am unrealistic; perhaps this is marriage. Do tell me what you think. Any suggestions from you or your readers will be much appreciated. R.W.

ONE WOMAN'S SLANT

Dear R.W.: In a book of reminiscences published two decades ago, a well-known columnist of that era tells of her New England in-laws, whose inflexible reserve and economy of speech were a crucifixion of her naturally sociable spirit.

She says of them that they seemed to regard friendly conversation as "lewd lapses from self-control." This flash of humor came to her, looking at them in retrospect, a continent away, years after she had departed from the situation.

Apparently your husband is somewhat the same breed — a slave to the ingrained notion that "containment" is superior to communication. But in taking his attitude, he prevents himself from becoming a full-fledged person and, in a sense, strangles the companionship potentials of marriage.

TALK STIMULATES

In their stimulating book "The Mind Alive (Norton), Dr. and Mrs. H. A. Overstreet explore the vital relationship of language and articulation of thought, to the health and maturation of human inelligence and human understanding. Whether in families, or on a larger social scale, there needs to be a sympathetic sharing and examination of freely expressed ideas, if there is to be healthy growth—and not deterioration of mind. In other words, words, suppression of speech, and stagnation of thought, are death to the creative spirit in humankind.

As for Jim's laconic performance at home, it amounts to holding out on you psychologically. In effect he says "Don't come too close." Back of it all is an unconscious attitude of distrust and ill-will towards persons who were most influential in shaping his emotional reflexes in early life. And unless and until he sincerely longs to become more humanly responsive and outgoing, able to share in meaningful conversation, there's nothing you can do to help him meet you half-way.

In self-defense, you'll have to find other persons with whom to put your thoughts into words. Children, friends, co-workers in church or civic affairs—try them as partners in good talk. M. H.

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

Words Of The Wise

WORDS OF THE WISE

There is nothing so well known as that we should not expect something for nothing, but we all do and call it Hope.

—(E. W. Howe)

MORNING SMILE

Wife telling her husband about a vaudeville show; "What a magicmian! He took a handkerchief, waved it over an elephant and the elephant dissappeared. The only trouble was, he wouldn't let us examine the handkerchief."

YOU CAN DEPEND ON

When kidneys fail to remove excess acids and wastes, backache, tired feeling, disturbed rest often follow. Dodd's Kidney Pills stimulate kidneys to normal duty. You feel better—sleep better, work better. Get Dodd's at any drug store. You can depend on Dodd's.

BROWN - WILLIAMS

A wedding of wide interest was solemnized on Thursday, March 29th, 1956, in Bethany United Church, Halifax N.S. When Frances Lorraine Williams daughter of Mr. and Mrs. Calvin MacKinnon, Armdale, N.S. was united in marriage to Robert Donald Brown, Blenheim, Ontario.

The ceremony was performed by Rev. J. Milton Fraser with Mrs. R.M. Piercey as Organist.

The bride, given in marriage by her step-father, wore a gown of white chantilly lace with overskirt of tiers tulle and redingote of chantilly lace. Her headdress was a hat Juliet of the same lace encrusted with pearls and sequins with fingertip veil of tulle illusion, she carried a bouquet of red roses.

The bride was attended by Mrs. Gilbert Shepherd who wore a gown of Blue Crystalette and chantilly lace with headdress of net and sequins she carried a nosegay of pink carnations and white mums.

The groom was attended by Harry Patrick and the ushers were Donald Williams and Donald Walker.

The bride's mother's dress was pink crystalette with black and white accessories.

Following the ceremony a reception was held at the home of the bride's parents when Leslie E. MacNevin, uncle of the bride proposed the toast which was responded to by the groom.

Those who assisted in serving were Mrs. Ernest Ramsay, Mrs. Bertram Phillips, Mrs. Eldon MacLean and Mrs. Leslie MacNevin.

For going away the bride chose a box style suit of grey wool flecked tweed with pink accessories and carried a grey fur jacket.

The couple will reside in Halifax.

Out of town guests included. Mr. and Mrs. Eldon MacLean, Charlottetown, P.E.I. Mr. and Mrs. Leslie MacNevin, Argyle Shore, P.E.I. and Mrs. L.E. MacKinnon, Canoe Cove, P.E.I.

ELEANOR ROSS

New Mattress Tickings

Doing over a bedroom is always a pleasure, especially if a neat compromise has been made between the too-fussy and frivolous and the too-plain or austere. And such a compromise is more than ever necessary in the master bedroom.

Surely, though, few men are going to object to the delightful new floral designs coordinated for spreads, drapes and upholstery, minded, of course, the fabrics are skillfully handled.

PRETTY AND FEMININE

A fabric strewn with violets, tiny roses or tulips is pretty and feminine enough in itself, but it can be a little too sweet.

There's beauty, too, in hidden items and just how elegant you can be in bedroom decorating is pointed up by the new mattress tickings. Nothing less than metallic yarns are woven in with the cotton and rayon ones.

The colors are lovely, too, with much emphasis on sophisticated tones, such as Siamese pink combined with gray.

The new ticking is designed to be matched to your bed linens or blankets; sometimes, even, to curtains or draperies! It's a pretty idea, and practical, too, for you can swab off any of these beautiful new tickings just as easily as the old-fashioned dull type.

TAKE CARE OF IT

If you're buying a new mattress covered in one of the new patterns and colors, do take care of it right from the start, so it will stay pretty longer.

Look the mattress over with a critical eye every time you make up your bed, and wash off any spots with a sponge or cloth wrung out in "dry" stiff soap or detergent suds. Then rinse the spot with sponge or cloth wrung out in clear water.

SPICY STUFF

Canadian processors turned out 6,839,000 pounds of mincemeat last year, nearly 800,000 pounds more than in 1954.

ALICE BROOKS DESIGNS

CHEERY MOTIFS

Easy cross-stitch and outline embroidery—to brighten kitchen towels! Pretty motifs for daily use; fabric trim for added color!

Pattern 7154: Set of six different motifs to embroider on kitchen towels; directions for gay checked trim also included!

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Two free patterns—printed in the new Alice Brooks Needlecraft book for 1956! Stunning designs for yourself, for your home—just for you, our readers! Dozens of other designs to order—all easy, fascinating hand-work! Send 25 cents for your copy of this wonderful book right away!

ATTENTION PARENTS of CHARLOTTETOWN and SUMMERSIDE to this NOTICE from the HEALTH DEPARTMENT—

THE 2nd POLIO IMMUNIZATION CLINICS for PRE-SCHOOL CHILDREN and EXPECTANT MOTHERS

HAVE BEEN POSTPONED UNTIL A LATER DATE.

The clinics for a second polio inoculation were to have been held at the Baptist Church Hall, Charlottetown, and at the Health Centre in Summerside, next week. Due to the delays in shipment, the vaccine available this month will be used to give a first inoculation to pre-school children and expectant mothers in rural communities, so that protection against polio will be spread as far as possible throughout the Province.

LET'S EAT

Delectable Salad For Ladies' Buffet

By Ida Bailey Allen

"The daily specials from the hot buffet served at the Hotel Roosevelt here in New Orleans are very interesting, Madame," said the Chef. "My friend, M. Eugene Wiolat, the head chef, tells me he has made many tests and finds these foods to be very popular. It would be helpful and interesting to our readers to learn about them, oui?

POTATO PANCAKES

"Par example: On the hot buffet on Mondays, the special is barbecued short ribs of beef with potato pancakes, which are the crisp kind. On Tuesday, there is home-style chicken stew with plenty of gravy, served on rice. Wednesday, it is baked creamed macaroni with plenty of cheese and broiled ham steak.

"Thursday it is corned beef with boiled potato and Creole cabbage. Friday, they have a patty shell filled with 'fruits of the Bayou', meaning oyters, shrimp and lump crabmeat with fresh mushrooms in a rich butter sauce. On Saturday, it is that favorite of all Louisiana, red beans, ham hock and rice."

COLD BUFFET

"While you were getting suggestions from the hot buffet, Chef, I investigated the cold buffet." I remarked. "Here is a salad plate that would be delightful for a lady's luncheon."

Chicken - Apple - Pecan Salad Plate: Combine 1½ c. diced cooked chicken, ½ c. diced peeled apple and ½ c. broken pecans with lemon French ressing. Refrigerate 1 hr. Add mayonnaise to blend. Arrange on dinner plates, each serving in a generous nest of lettuce.

Add potato chips, a pickled crabapple and 2 finger-length cream cheese sandwiches to each plate.

Tomorrow's Dinner: Graperuit; chicken hotel roosevelt; rice; corn O'Brien tossed salad; apple meringue pie; coffee, tea or milk.

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

Chicken Hotel Roosevelt: Dissect a 3 lb. all-purpose chicken as for frying. Dust with 1½ tsp. salt, ¼ tsp. pepper and ½ c. flour. Quick-brown in vegetable oil in a heavy skillet.

Meantime, in a heavy saucepan melt 1-3 c. butter. Add ½ c. sliced scallions and ½ lb. sliced mushroom caps. Dust with ½ tbsp. flour and stir in. Add 2 qts. chicken broth; bring to a boil.

Add the chicke and simmer 45 min.

Then add 1½ doz. shucked oysters. Simmer 10 min.

Season to taste with salt and pepper. Dust with chopped parsley and serve with flaky rice.

Note: Chef Wiolet adds 1 c. dry white wine to the chicken broth.

Trick of the Chef:

Add 1 tbsp. vanilla to the filling for apple pie before arranging in the crust to bake.

HOUSEHOLD HINT

If you do your own home decorating, be sure to use the correct paint brushes for each particular job.

Use a 4-inch brush for flat surfaces, an angled brush for windows and other narrow surfaces. Use an enamel brush for trim and a 2-inch one with a chiseled edge for enamel and varnish.

In action, a larger brush will allow you to spread varnish on larger surfaces much faster. It is always wise to invest in and care for a selection of good quality brushes.

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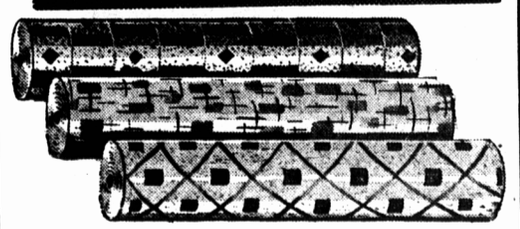

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