

4 parts: Toasted split English muffins, broiled thin slices of smoked ham the size of the muffins. 2 poached eggs for each person and Hollandaise sauce.

To Make: Start ham to broil and toast muffins; half-poach the eggs and keep in hot water where they will finish cooking. Meantime, make Hollandaise sauce.

To Assemble: Place slice of broiled ham on each English muffin half; top with a poached egg. Spoon over 1 1/2 tbs. Hollandaise sauce. Top each egg with sprig of parsley or piece of ripe olive.

Hollandaise Sauce: In a small double boiler top cream 1/2 c. butter. Add 4 egg yolks one at a time; blend thoroughly after each is added.

Blend in 1 1/4 tbs. lemon juice, 1/2 tsp. salt and 1/4 tsp. cayenne. Gradually stir in 1/3 c. boiling water. Cook and stir until thick like boiled custard.

Remove from boiling water at once and serve. If to stand at all before using, when making beat in 1/2 tsp. cornstarch with the egg yolks to bind the ingredients together and help prevent "curdling."

Famous Fish Mold In an out-of-the-way Scandinavian delicatessen store in New York City is sold a Fish Mold or pudding for which hundreds of orders are received each week. It appears at notable luncheon or buffet parties, and on many home dinner tables because it "tastes so good."

TOMORROW'S DINNER Pickled Beet Saladettes Scandinavian Fish Mold Egg or Shrimp Sauce Whipped Potato Spinach Rolled French Pancakes Cranberry Butter Coffee Tea Milk

Scandinavian Fish Mold: Half cover 2 lbs. fish fillets, any kind, with boiling water. Add 1 tsp. salt, 2 bay leaves, and 1 tbs. vinegar. Simmer until fish flakes. When done, drain, and save liquid.

Put fish through the chopper 3 times. Mix in 1 c. fine soft bread crumbs, 1 1/4 c. scalded milk, 2 tbs. melted butter, 1/2 tsp. onion juice, 1 tbs. lemon juice, 1/3 tsp. each salt and monosodium glutamate and 1/4 tsp. paprika.

Separate 2 eggs. Beat whites stiff and yolks until creamy. Stir yolks into first mixture. Thoroughly blend with fish.

Fold in egg whites. Spoon into a buttered 3 pt. bowl or ring mold. Cover with aluminum foil or waxed paper and tie it on.

Set in a pan of hot water; bake 1 hr. in a slow oven, 350 degrees F. Unmold on a deep round platter. Serve with egg sauce; or lobster or shrimp sauce.

Egg, Lobster or Shrimp Sauce: Make 1 1/2 c. medium-thick white sauce, using equal parts whole milk and fish liquid. Beat in 1/2 tbs. mayonnaise. Season with 1/4 tsp. powdered dill. Add either 2 chopped hard-cooked eggs or 1/4 c. small-diced canned or thawed-frozen cooked lobster or shrimp.

CRANBERRY BUTTER FROM THE CHEF Stir 1/4 c. butter until creamy. Gradually work in 1 1/2 c. sifted confectioner's sugar and 1/4 c. sieved cranberry sauce.

HOUSEHOLD HINT Be sure to consult an electrician when you want to extend or alter your existing electric circuits. Otherwise, you'll be sorry.

PISQUID EAST

Mr. Alton Jay was a visitor in Charlottetown on January 17. Mr. Milton Rodgers and Mr. Lawrence Hendricken were visitors in Charlottetown on January 20. Mr. Guy Jay spent the January 22 week-end at the home of his parents, Mr. and Mrs. Wendell Jay.

Mr. and Mrs. Floyd Jay were visitors at Covehead Road on January 22. They were guests of Mrs. Jay's parents, Mr. and Mrs. Walter MacDonald.

Miss Juanita Jay, student at P. W. C. spent the January 22 week-end at the home of her parents, Mr. and Mrs. Edward Jay.

Miss Isabel Birt, Charlottetown, spent the week-end with her parents, Mr. and Mrs. Wallace Birt.

Mr. George Dover, Miss George Dover and Mr. Alton Jay motored to Charlottetown on Sunday.

Mr. and Mrs. Floyd Jay and Mr. and Mrs. Harold Jay were visitors in Charlottetown on January 23. His many friends will be pleased to learn that Mr. Edward Jay is improving after an operation in the P. E. I. Hospital and hope to see him at home soon. —BA.

TRIESTE. (AP)—The 26,000-ton Homeric which carried soldiers to the Pacific war as troop transport Mariposa has begun a new life as a transatlantic luxury liner. Rebuilt

in Italian shipyards, the Homeric sailed from Trieste Monday with 300 shipping agents and journalists as guests. Its destination was

Genoa and Halifax. Also aboard were 43 regular passengers, most of them immigrants bound for the new world.

Has Lost Confident

Actually the problem is this (to use a vernacular phrase) — you aren't as young as you used to be, therefore you can no longer get the same gratifying effects, with the accustomed types of garb and accessories that you favored before.

There is nothing unusual about such a let-down, in the fashion experience of a woman who cares about clothes and has (or once had) a flair for looking attractive. It is a turning point challenge that confronts most modish women, in their forties or fifties.

Is there a happy solution? I think so. It is a matter of intelligent, experimental, on-going adaption to "what is" — to your changing constitution, as it alters from year to year. Here are a few suggestions, to give you the general idea.

1. It is time to erase your girlhood image of "best self" from the unconscious mind, and start with a brand new image, as it were. You should look ahead, rather than look back, in formulating a new inner picture of self to be brought to life. 2. You must take stock (realistically) of your current assets and liabilities, in the way of figure, complexion, etc., and then restyle your coiffure, cosmetic coloring and wardrobe to beautifully enhance the person you are at this age.

Specialist Help Good Investment

If your closets are full of clothes you don't like, and new garments hang their unworn for months, you have money to spend on a revolution in looks, I take it. Thus it might be a good investment, both in appearance and peace of mind, to put yourself in the hands of a top fashion designer in your

Let's Eat

tected, and the contents safe-guarded during the seven-week storage test, by close-wrapping in aluminum foil, the first and the last word in packaging tea to conserve full flavor."

We suggest our basic luncheon menu as a Sunday dinner.

EGGS BENEDICT DINNER

- Fresh Mushroom Soup
Melba Toast
Eggs Benedict (or use Baked Smoked Ham)
Browned Sweet Potatoes
Cauliflower
Water Cress Salad
Deep Dish Apple Pie a la Mode
Coffee Tea Milk
Eggs Benedict: This consists of

great city and get "the works" — namely, a basic wardrobe for Spring and Summer, for wherever you will be.

If a top designer takes the job, he or she will pull no punches about how your hair and complexion and body lines should be revamped to do justice to the new clothes — and doubtless you will be referred to specialists in this field of service.

You may quail from the designers' theurges, but my advice is, play along. A season of dauntless experimentation can't do any harm; and will be amply worthwhile, if it starts you thinking confidently again of interesting possibilities, as regards your appearance.

M. H. Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

new WHITE SWAN IS 3 WAYS BETTER...



Whiter... New White Swan is the whitest ever... as immaculate, as nice as a tissue can be!
Softer... A new and different softness, without flimsiness... even more absorbent, stronger too!
Safer... Made in the world's most hygienic tissue mill... Available now also in the handy 4-roll "Family Pack"

ALL QUALITY-MADE BY THE E. B. EDDY COMPANY

Well worth the slight extra cost!

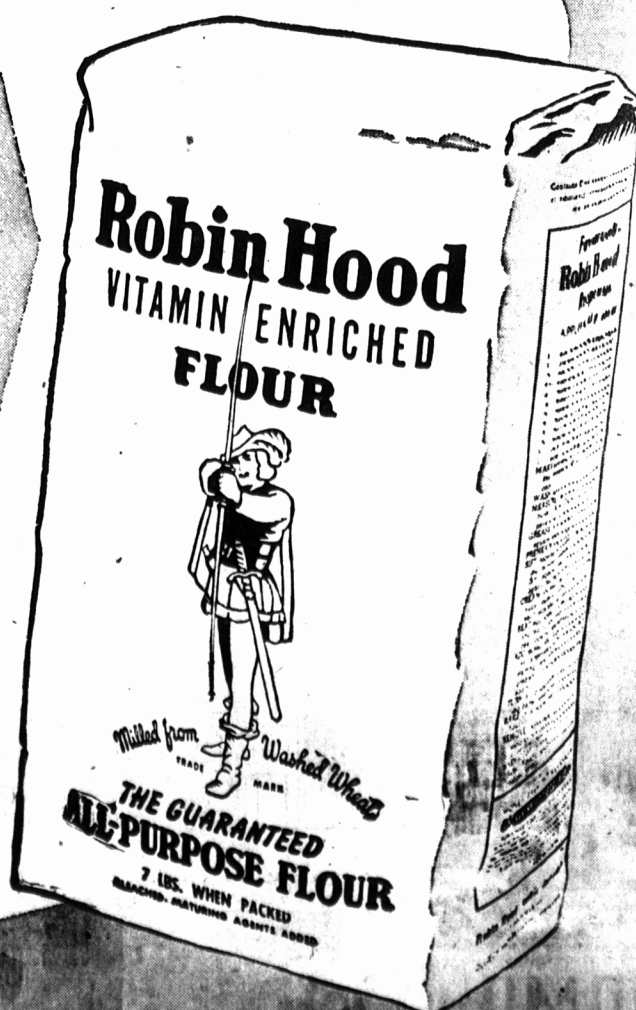
bake with the prize-winning flour —

Robin Hood Flour

It pays to buy the best!

- Swept all top white bread baking prizes at the Canadian National Exhibition — for the third year in a row!
"Bake-Tested" — not once, but twice!
Guaranteed to give you better results or your money back plus 10%!

CANADA'S FASTEST SELLING FLOUR — BY FAR!



CHOCOLATE or WHITE



29c
4 For 98c

Pork Chops lb. 55c
Bacon Buy By Slab Not Sliced lb. 49c
Ribbs Fresh or Corned NECK lb. 18c



11 oz. 29c



39c PKG. PLUS FREE Scouring Pad

Matches, 3 for 29c
MAGIC Baking Powder 35c
MINUTE Rice, 2 for 33c
FACE SOAP Lux, 4 for 33c
Napkins, 2 for 35c
HEINZ — 20 Oz. Tomato Juice, 2 for 35c
KELLOGG'S Corn Flakes, 2 for 35c
CAMPBELL'S Tomato Soup, 2 for 25c
100 FT. ROLL Wax Paper 29c

SILVER SEAL 16 oz. Peanut Butter 39c PURE 2 oz. Black Pepper 25c

We Sell Belanger Stoves and Parts

FREE DELIVERY 8589 A.J. ZAKEM'S THE BEST SHOP TO SHOP BEST!