

Marriage In Toronto Of Interest - Here



Mr. and Mrs. McAusland are shown above with their wedding attendants. From left to right are Messrs. George Langfeld and Vir-

den Robinson, ushers; Mr. Keir MacMillan, groomsman; Mr. and Mrs. McAusland; Miss Barbara Langfeld, maid of honour; and the Misses Catherine Watson and Helen White, bridesmaids. Standing in the front row from left to right are the Misses Linda King and Ruth Anderson, flower girls.

she carried a cascade of pink and white roses. Mrs. George Langfeld, maid of honor, Catherine Watson, bridesmaid, Helen White, junior bridesmaid, and flower girls Ruth Anderson and Linda King were gowned in green, yellow, pink and mauve taffeta respectively. The senior attendants wore matching hats and veils and the junior attendants wore matching flowers in their hair. They carried roses and mums.

The bride wore a blue taffeta going away suit with a gray gabbardine coat with navy accessories and a corsage of pink and white mums.

ELLEN'S DIARY

By an Island Farmer's Wife

We were rewarded for our early rising on Christmas morning by catching to some degree in our own, the glow it lights in small ones' eyes—sparkling... amazed. It was an enchanting day that had dawned, clear and pleasantly frosty the sun rising in a ball of orange hue above the tree-clad slopes "down along." Diamonds of brightness sparkled roily along the evergreens and farmlands freshly spread from the fall which had drifted down silently the day and night before. Flakes that clung and lay smooth and white.

We recall that caps and shoulders were dusted white when Rob's and the folks from the house across the lane came in through it to leave us their offering of gifts.

By morning, paths were covered and all about lay in a wide expanse of white without mar or mark, even as a New Year is spread before humans. At Alderlea, somewhat isolated in our winter situation we were enclosed in a silent loveliness. "He came!" granddaughter looked up from some toy that had come overnight to beam at us in greeting and "He came!" Mackle echoed her words and there later to dine coming along the then-cleared walk which leads beneath the naked white birch on the lawn.

We remember glancing up towards the robins' empty nest high in its branches and somewhat desolate in its surroundings and we saw James turn his eyes to the quiet road. We suspected he was peeping it with those sleighs or wagons of the past that about this time of day would be moving there, on the way to spend the Day with their kin. James would be picturing in mind this or that horse and the ring of recognized bells would again make music in his ears.

At a prettily appointed table, decorated with seasonal decorations we enjoyed now—traditional Canadian Christmas fare—turkey and plum pudding and the various dressings and sauces and vegetables that go to make delectable eating.

How quickly the hours of the Magic Day sped, while youngsters and grown-ups both, sighed at their passing! From high-noon until sunset when the west was aflame above the wintry hills, was only a breath of time. And it was then after the comfort of every last animal of the farm had been assured and all chattering laid, the family set out on that trek which brings them at length to that dwelling where the two who are grandparents to ours and other small ones in a number, dwell.

There a goodly number of the kin converged, to spend, as has been the annual custom, some of their Christmas Day hours with this alert and remarkable pair.

"Home!" granddaughter commented with a chuckle as the truck turned out to enter the highway, "Your home is back of us—beside the mill!" But if it was, another well cherished and of pleasant memories sat at the end of our trail.

What a beautiful beckoning Christmas road it was! Smooth and white and shining in the path of the lights. "I wish" James offered presently.

Until tomorrow — Diary — Good-night.



Mrs. Hazen Russell, Moore's Mills, N.B., credits her baking success to Fleischmann's Yeast.

Bakes Prize-Winning Bread For 1951 St. Stephen Fair

Feeding husky appetites on the farm means plenty of baking for Mrs. Hazen Russell, of Moore's Mills, N.B. And at the St. Stephen Fair, Mrs. Russell's bread and rolls are plentifully decorated with prize-winning tags. Of course she knows a few things about ingredients! "I'm extra careful about my yeast," says Mrs. Russell.

"For going on twenty years I've been using Fleischmann's Yeast. I know I can depend on it—it's always good and lively."

It's true! Fleischmann's Yeast is made extra active to rise extra fast—to give you grand results every time. No wonder the majority of prize-winning cooks in the Maritimes prefer Fleischmann's!

The Stars Say --

By Genevieve Kemble

For Tomorrow

JUDGING by the strange combination of the stellar aspects, almost anything could happen to confuse, disrupt, provoke and challenge. Subtle as well as open and tangible situations come up for profound, rational and calm decision. In a welter of conflicts, contradictions and novel situations, it is notable that the mentality is able calmly to view the complications, to fathom shrewdly underlying factors, and carefully to analyse and come to wise conclusions. This sagacity and clear vision could prevent disaster.

For the Birthday

Those whose birthday it may find themselves immersed in a web of strange, peculiar and challenging complications, in which basic foundations of living seem to call for some miraculous rationalization. From all angles there seem to arise tangles, involvements and complications, in which life's social, romantic, spiritual and material equations are up for shrewd, subtle as well as forthright management, dependent on sagacious decisions. Such crises could be clarified by the vivid, sound and far-seeing state of mind, but with cool brakes on wayward emotions.

Modern Etiquette

By Roberta Leo

Q. If a man is forced by circumstances to send a woman whom he has been accompanying home in a taxi, is he obligated to pay the taxi fare?

A. Most certainly. He should inquire of the driver the approximate amount the fare will be, and then pay him, adding enough for a tip.

Q. Is it proper for one to address a woman physician or dentist as "Mrs." or "Miss Miller?"

A. Never. She should be addressed as "Doctor Miller."

Q. When the wedding is to be a double-ring ceremony, who buys the ring for the bridegroom?

A. The bride buys this.

Cook's Corner

ORANGE SOUFFLE WITH FOAMY SAUCE

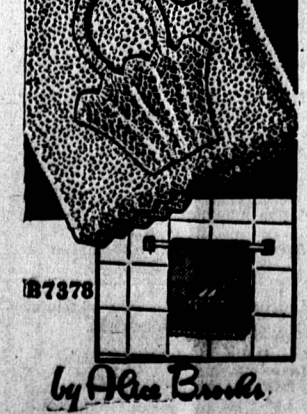
3 egg whites, 3 tablespoons granulated sugar, 2 tablespoons orange marmalade, ¼ teaspoon orange extract, ½ cup chopped almonds, toasted.

Beat egg whites to a stiff foam; gradually add sugar and continue beating until mixture forms peaks that bend slightly when beater is lifted. Add orange marmalade and orange extract; pour into greased top of double boiler. Place over hot water, cover, and cook 1 hour. Turn out on warm serving plate. Pour over Foamy Sauce: Beat 3 egg yolks, ¼ cup confectioners' sugar, ½ teaspoon vanilla extract, and ½ teaspoon salt; fold in 1 cup heavy cream, whipped. Chill. Sprinkle with nut meats. Serves 4 to 6.

BAKED FISH RINGS

1½ lbs. fish fillets; 1½ teaspoon salt; ¼ teaspoon pepper; 3 tablespoons butter or margarine; 1 tablespoon minced onion; 1 cup chopped mushrooms; 1 tablespoon flour; 2/3 cup milk; 1 tablespoon parsley, chopped fine.

Wipe fillets with damp cloth, cut into 1-inch strips, sprinkle with 2/3 the salt and pepper. Grease 8 muffin tins with melted fat, roll a



by Alice Brooks

That Body Of Yours

By James W. Barton, M.D.

NUTRITION FOR OLDER PERSONS

Many men and women, as they grow older, feel that meat is not good for them, that as they do not work hard physically, there is little need for meat and other proteins—eggs, fowl and fish. Specialists in foods and nutrition remind us that proteins are needed from infancy to old age.

In the Canadian Journal of Public Health, Toronto, Dr. E. W. McHenry states that the health of older persons is becoming of increasing concern as the percentage of these persons increases in the population. "Protein is one type of food constituent that older persons frequently neglect; meat, cheese and milk are unlikely to be eaten in adequate amounts. This neglect is due to a mistaken notion that meat is harmful for older persons. Little or no cheese is eaten because of the old wives' tale that cheese is indigestible and constipating. Little milk is taken because these persons grew up in an age when the value of milk was not appreciated."

While it is generally known that meat is needed for growth, it is not generally realized that the wear and tear on body tissues which must be replaced makes it necessary that meat or other protein be eaten every day if the strength of the body tissues is to be maintained.

Dr. McHenry also points out that many older persons, in addition to eating an insufficient amount of the protein foods, also neglect to eat enough of the foods containing calcium (lime)—milk, cheese, and leafy vegetables, egg yolk, and also enough of the foods containing iron—meat (liver) whole grains, leafy vegetables and egg yolk.

Almost daily we can see the results in older persons who do not eat enough calcium. If the amount of calcium in the blood is low, there is frequent weakening and breaking of the bones, which take a long time to knit.

Most vitamins are needed as much in age as in youth.

In her book "Nutrition and Physical Fitness," Dr. Jean Bogart also suggests that meat be eaten by older persons, being chopped fine if necessary.

In general, the diet best adapted to the alimentary (stomach and intestines) tract of the aged closely resembles that recommended for children—namely milk and eggs, thoroughly cooked cereals, stale bread, toast or crackers, fruits and vegetables (cooked or strained if necessary), soups, the simple desserts (custards, blanc mange, cereal puddings) with mild stimulants such as tea, coffee and meat broths which are not permissible for young children.

Remember, then, as we grow older, we still need protein—meat, eggs, fish, cooked cereals.

TASTY TARTS

1 large whole orange, 1½ cups whole dates, ¼ cup sugar, 2 tablespoons cornstarch, ¼ teaspoon salt, 1 cup orange juice, 1 tablespoon lemon juice, 2 teaspoons lemon peel, 3 tablespoons butter.

Cut unpeeled orange into six sections; put through food chopper with dates, using a fine blade. Add sugar, cornstarch and salt. Pour in orange juice. Simmer on low heat for 10 minutes, stirring constantly. Add lemon juice, peel and butter. Chill. Pour into small baked tarts and top with whipped cream.

Alice Brooks Designs

NEW IDEA!
BASKET to hold a washcloth! Add it to bath-towels or hand-towels—a such a pretty touch for a modern bathroom. Plain crochet and popcorn stitch in string or fine cotton to match or contrast! Pattern B7378 has crochet directions for new washcloth holder!

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Off The Rails

A Vicar who was very absent-minded one day strolled towards the station, where a train was just ready to depart. A shout came from the platform:

"Run, sir, run!"

The vicar broke into a trot and tore open a carriage door. He flung himself into a seat just as the train gathered speed out of the station.

When he had regained his breath he turned to the only other occupant of the carriage. "I was lucky to catch it," he said. Then a startled look came on his face. "Good gracious!" he exclaimed. "I don't want this train at all. I came down to invite the station-master to a meeting."

Queen's "Dresser" Is Fashion Expert

LONDON, Jan. 2—(CP)—When the Queen accompanies the King on his recuperative cruise on H.M.S. Vanguard, planned for early 1952, one of the party will be white-haired, soft-voiced Celia Willox, a Scotswoman who has been personal "dresser" to the Queen for more than 11 years.

Miss Willox knows the Queen's taste in clothes perfectly, and many times courtiers will telephone to ask her advice on whether to show the Queen a new material or design. If Miss Willox says "No," that ends it.

She is an expert on fashion, past and present, and few can challenge her word on the many orders that the Queen is entitled to wear. Her knowledge of first-class jewels is also impressive. The Queen's private collection contains gifts from different parts of the world, and the crown jewels—worn on such occasions as the coronation—include the Koh-i-Noor diamond and the Star of Africa.

Back To Old "New Look"

LONDON, Jan. 3—(CP)—A searching good look at the style and design of 1951 shows a noticeable change in the fashion silhouette.

Twelve months ago, women greeted the year with skirts 15 inches from the ground and so tight you could hardly hobble. Sleeves were narrow with soft shoulderline, collars small and held wide.

Now, advance spring styles show a definite return to the wide skirts of the old "new look" that shocked the post-war fashion-conscious. Skirts have dropped two inches; waists are tighter, belts narrow; collars large and imposing—and the latest thing in sleeves is wide, ruffled, shouldered, with deep high-waist cuffs.

In fact we're going back once more—back to the days of padded hips and graceful swiveling skirts, back to rustling underskirts, back to shorter hairstyles, small tight-fitting hats and Cuban heels.

The latest thing in coats is the old Princess-line with tiny waist, wide skirt, big collar and cuffs. The old tory swager is back in all its glory with huge sleeves, big collars and imposing fullness. Skirts of the month of the year rolled by waists became smaller and the latest summer dress styles have deep cummerbunds emphasizing the fullness of the flaring skirt.

There are lots of short evening dresses, seven inches from the ground, in spring colors of warm gold and summer sky blues. Newest materials look like softly-woven straw, but strapless tops are as dead as last year's beach wear.

Another point in the changing silhouette says London's west-end hairdresser, Rene, is that spring hairstyles will go back to the short cuts—high collars mean death to the chignon.

Morning Smile

Two of a Kind

A man was playing golf recently on a course in Southern California and he was having a hard time of it. He was new to the game and at the end of the first nine holes his score was already up over one hundred. As he trudged wearily to the tenth tee, he yelled for his lagging caddy to hurry up with the golf bag. After slicing his ball badly he had to yell again for the caddy to hurry with the clubs. As the smaller boy limped up to him the golfer exploded, his irritation with his score descending on the caddy like a cloud.

"You'll be the worst caddy in the world," he exclaimed. "Hardly," sneered the tired boy. "That would be too much of a coincidence!"

DOROTHY DIX SAYS—

Emphasize Good Points

Large Nose Need Not Handicap Teen-Ager

DEAR DOROTHY DIX: I am a boy of 17 and have a large nose. Everyone laughs and makes fun of me. Would an operation improve it? Where could I go and what would it cost? M.A.C.

ANSWER: Of course, a large nose shouldn't be allowed to dominate your personality and make you miserable. Most people have at least one feature that could be regarded as a slight handicap, but by keeping their good points in the ascendancy, rather than the one bad one, they manage to avoid complexes. I'm sure even a casual look around you will emphasize this point. Notice how many of your schoolmates have overcome the drawback of a bad feature.

Plastic surgery is an expensive proposition but is now much more available than it was a few years back. Consult with a plastic surgeon in your local eye, ear and nose hospital for details in your case; but think twice before deciding to change your appearance.

DEAR MISS DIX: My husband and I have been happily married for eighteen years. We are now well established and have three boys in school. However, the rising cost of living in our locality is getting beyond us, and we'd like to sell what we have and move to Nevada, where we have friends, and can both get jobs. Our problem is that my husband is an only child and his mother is a widow. I know she'll object to our moving. She has never been very friendly to me or the children, and is able to support herself. Would I be selfish in making this move in spite of her feelings? WESTWARD BOUND—I HOPE

ANSWER: First of all, are you sure your intended move is motivated by economic reasons and not by a desire to put several hundred miles between your husband and his mother? Secondly, are you perhaps jumping to conclusions in assuming that she will object to the move? She hasn't, after all, ever made demands on you and quite possibly will quietly resign herself to your change of residence. If you and your husband really believe your best interests lie westward, go by all means.

TOO YOUNG FOR DATES

DEAR MISS DIX: My 15-year-old daughter is frequently asked, by boys, to go to football games or school dances. Her father says she is too young. She threatens to slip out and go anyway if he doesn't give his permission. M.T.

ANSWER: I'd sympathize with you and your daughter if it were not for her "threats." No 15-year-old girl should be allowed to put herself in the position of terrorizing a parent (as she seems to have you scared) by threats. Whether she (or you) agrees with him or not, her father's rules should be obeyed.

Ordinarily, a high-school girl should be permitted to enjoy such activities as her school sponsors. By the time she has reached high-school age she should be sufficiently responsible to be given these privileges. Your daughter is acting like a spoiled baby and her father knows her limitations.

DEAR MISS DIX: A year ago I ran away and foolishly married. When I returned home my parents had the marriage annulled. Now I have met a wonderful boy who does not know of my previous mistake. We are deeply in love and he has asked me to marry him. Should I tell him? E.LINOR

ANSWER: By all means, tell! This is the sort of thing that is bound to come out sooner or later, and a mistake that has been corrected is much easier to forgive than a deliberate attempt to deceive.

DEAR MISS DIX: We are two girls aged 16, and very much in love with a man of 30. Our mothers do not approve of our going out with this man. Don't you think they are old-fashioned? E. AND L.

ANSWER: It's a good thing you both have "old-fashioned" mothers. Someone in the household needs common sense. What's the matter with you two that you can't find boy friends your own age? Continue your present tactics and you'll never have any. A man almost twice your age is no companion for you; obey your mothers and save a lot of future trouble.

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How Can I...?

By Anne Ashley

Q. How can I help to set the color in a new house dress?

A. If a handful of salt is thrown into the water when washing the colored house dress for the first time, it will aid greatly in setting the color.

Q. How can I keep a kitchen sink free of grease and disagreeable odors?

A. Try pouring a strong solution of hot water and salt through the sink and drain at least once a week.

Q. How can I remove soot from woodwork?

A. Saturate a soft, clean cloth with kerosene and wipe off the woodwork.

Low-Necked Evening Sweater



This attractive low-necked evening sweater is proof positive that wool goes everywhere. It is made from 2 ply wool and requires 3 oz. of wool for size 34 and 4 oz. for size 36. If you wish to make this dainty garment, a direction leaflet is available by sending a stamped, self-addressed envelope to the Needlework Department of this paper and ask for LOW-NECKED EVENING SWEATER, Leaflet No. CW-29.

No end of surprises with MAGIC!

PEANUT BUTTER PINWHEEL LOAF

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2½ c. once-sifted hard-wheat flour), 5¼ tsp. Magic Baking Powder, ¼ tsp. salt. Cut in finely 7 lbs. chilled shortening. Combine ½ c. milk and ½ tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to ¼" thick rectangle, 8½" along one side. Cream together 1 lb. butter or margarine, ¼ c. peanut butter and ¼ c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8½" edge, roll dough up like a jelly roll and place in a greased loaf pan (4½" x 8½"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

Anne Adams Patterns

WHIRLS FOR GIRLS

Subtle Fashion! Please your girl with the slip she wants! Two bodice versions, with built-up straps. Two skirt versions—you can combine plain top with plaid skirt, too. Panties in pattern.

Pattern 4722 in Girls' sizes 6, 8, 10, 12, 14. Size 10 slip, 1½ yards 36-inch; ¾ yard 4½-inch eyelet edge. Panties, ¾ yard.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-five Cents (35¢) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

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

FARMING COUNTRY

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