

Down In Louisiana Shopping, Cooking

By Ida Bailey Allen

"Louisiana is rich in heritage and culinary artistry. Each of the regional foods we have seen here has a romantic history," remarked the Chef.

LIVELIHOOD FROM SHRIMP
"Par example, the shrimp represents the livelihood of generations of fishermen who have sailed from Louisiana Gulf ports. The sugar cane grows in abundance. Big succulent mushrooms and also the shallots are products of the rich local soil and rice is a prominent crop grown in the southwestern part of the state."

"I understand it represents a good portion to all the rice grown in the U.S., and it has an important role in Creole cookery. I especially enjoy the section of Louisiana known as the Cajun country, near New Iberia, where descendants of settlers from Nova Scotia speak their language and carry on their cooking traditions. These people of French background were originally called Acadians but time and the Southern dialect have softened it to 'Cajun'."

"And I shall never forget our visit to Avery Island Chef," I added. "where tabasco is made. This is really a liquid pepper seasoning, used in Louisiana cooking, especially for seafood. And it's unique, because there is nothing else like it. Who would ever dream that it takes three whole years for this sauce to ripen and develop full flavor!"

Tomorrow's Shrimp Dinner: Tossed green and mushroom salad; shrimp berberia; flaky rice; buttered green beans; fruit gelatin; fresh-

fruit cake squares; coffee, tea or milk.
All measurements are level unless otherwise stated.
Cakes: Flour 4 to 6 cups proportioned to serve 4 to 6.
Shrimp berberia: In a chafing dish (or skillet), melt 3 tbs. butter. Add 1 minced section peeled garlic; simmer 5 min. Add 1 1/2 c. chili sauce and 3 tbs. lime juice.
Stir in 1 lb. cooked, cleaned shrimp. Stir occasionally until heated through. Then stir in 1 c. heavy cream. Reheat to serving temperature and add 1/4 tsp. Tabasco.
Served spooned over flaky rice.

Fresh-Fruit Cake Squares: Stir 1/2 c. butter until soft and creamy. Add 1 c. granulated sugar, 2 well-beaten eggs, the grated rind of 1 lemon and 1/4 orange, 1/2 c. mashed banana and 1/4 tsp. lemon juice.
Sift together 1 1/2 c. already-sifted enriched flour, 1 1/4 tsp. baking powder and 1/4 tsp. salt. Add to the first mixture with 1/4 c. each orange and pineapple juice mixed together.

Transfer to an oiled 7" by 11" cake pan. Bake 40 min. in a moderate oven, 350-375 degrees F. Cool. To serve, dust with confectioner's sugar or cover with thin orange icing and sprinkle with flaked coconut. Cut in squares.

Mushroom Salad trick of the Chef: Add fresh mushrooms to a tossed green salad.
Cut the stem ends even with the mushroom caps. Wash and dry. Cut in cross-wise slices; refrigerate at least 1 hr. in not-sweetened dressing to almost cover. French dressing to taste. Use the dressing when tossing the salad.



NORTON - DINGWELL

A pretty wedding was solemnized at Trinity United Church, Charlottetown, on Monday, April 2, 1956, at 4 p.m., when Elsie Hope daughter of the late Mr. and Mrs. Ralph E. Dingwell, became the bride of Harold Robert, son of Mrs. Hazel Court, and the late Mr. Harry V. Norton.

The church was decorated with baskets of white mums and pink tulips, and the guest presents were marked with tiny artificial nosegays.

The double ring ceremony was performed by the Rev. A. Frank MacLean. The bride's ring was that of the groom's mother. Given in marriage by her brother-in-law, Mr. Ernest D. Reid,

without them. It would be," he chuckled at the very thought of it, "like doing without a horse at the farm! And how could we get along without them?"

At the wedding, and coming home from it with the tangy scent of wooded places clinging to work-clothes, to a supper sauced by hunger earned in that open. No complaint made over the foods offered. All delectably spiced by the call of a healthy appetite.

Sunlight today and the mill-stream and pond still unsettled the sight telling us the news of "No Troutling Yet!" There are Jays, juncos, robins, starlings, sparrows in a variety... wild ducks up the creek. And geese still beating "pathless flights" to northern haunts. How nicely the sunshine enlivens the day!

And the night, now so still. With the moon climbing lightly her nightstair up... and up above the quiet, dreaming mill.

Until tomorrow — — — Diary — — — Good-night.

the bride wore a pale pink brocaded, street-length, sheath dress, fashioned with a square neckline and elbow-length, push-up sleeves, a small pink satin hat topped with a large rose, pink brocaded shoes, and carried a small cascade bouquet of white carnations. Her only ornaments were a strand of pearls and earrings, the gift of the groom.

Mrs. Ernest D. Reid was her sister's only attendant, and wore a pale blue street-length dress with matching accessories, and carried a nosegay of yellow roses and mums.

Mr. Fred Norton was his brother's best man. Mr. Harry Norton, brother of the groom, and Mr. John Dingwell, brother of the bride, were the ushers.

The Misses Maida and Joan Rogerson sang "O Perfect Love" before the ceremony, and Miss Maida sang "I'll Walk Beside You" during the signing of the registers. Mr. Royston F. Muggford, A.R.C.O., officiated at the organ.

The groom's mother wore a gray two-piece dress, a yellow millan straw hat, and a corsage of yellow roses.

Immediately following the wedding, a reception was held at the Charlottetown Hotel. The bride's table was beautifully decorated with a three-tiered wedding cake, pink tapers in silver candelabra, and vases of mixed spring flowers. Mr. Ernest D. Reid proposed the toast to the bride to which the groom fittingly responded.

For travelling the bride wore a navy blue fitted dress with a high white lace collar, a top coat of light blue Harris Tweed, navy accessories, and a corsage of pink roses.

WOMEN

Page 10, The Guardian Tuesday, May 1, 1956

HAPPENINGS

The Reverend T.H.B. Somers and Mrs. Somers, who have been in Smiths Falls and Toronto, will return this week to Charlottetown.

Flying Officer G. Russell Jenkins, Winnipeg, arrived by plane Friday to visit his father Major W.L. Jenkins, who is a patient in the Prince Edward Island Hospital. Flying Officer Jenkins returned Saturday.

The Rev. M. Carl Currie, B.A., Minister of the Presbyterian Murray Harbour Charge and Moderator of the Presbytery of Prince Edward Island was one of the two visiting Ministers at St. James Presbyterian Church Sunday. Mr. Currie whose first preaching visit it was to St. James preached in the morning. The Rev. E.C. Evans, Pastoral visitor of Zion Church, and Grand Master of the Masonic Order in this province preached at the Vesper Service.

Mrs. Fred S. Jenkins' numerous friends are pleased to learn that she is convalescing at home. Mrs. Jenkins is much improved in health after her recent operation.

Mrs. K. S. Todd and Mrs. Flo Sterns left Sunday on the start of their trip abroad. Mr. and Mrs. Douglas Saunders and Mrs. J. MacPherson motored Mrs. Todd and Mrs. Sterns as far as Moncton.

Mr. and Mrs. I. A. Beaton, Brighton, Mass., who have been visiting Mrs. Beaton's sister, Mrs. K. T. Burhoe, and Mr. Burhoe, Charlottetown, left for their home Saturday. Mr. and Mrs. Beaton have recently had an enjoyable trip to the Southern United States. They were accompanied on the trip by Mr. and Mrs. Lewis Harris, the latter a sister of Mrs. Beaton.

Hamilton W.I.

The April meeting of Hamilton W.I. was held at the home of Mrs. Stewart Carruthers, April 3rd with an attendance of nine members and two visitors. The president, Mrs. Alton Ramsay, presided and the meeting opened by singing "Keep the Home Fires Burning" and repeating the Creed in unison.

Reports from committees were heard. School committee reported blind ordered for school, cost \$7.98. Finance reported \$10.46 from bank. Sick committee sent seven sick treats.

Correspondence was discussed. In motion it was decided we go on record as leaving fees at 25 cents. Mrs. Carruthers and Mrs. Pickering were appointed on Convention Executive for 1957. Speakers were selected for the District Convention. It was moved and seconded we send \$10.00 to C.A.R.E.

Next meeting is to be held at the home of Mrs. Harry Taylor. A duet and several contests were enjoyed by the members. Lunch was served and meeting closed with the Queen.

Mr. and Mrs. Fred Bell, Summerside and Miss Ferne Bell, Halifax returned on Saturday after an extended trip to Florida having returned by way of Toronto where they spent a couple of weeks.

Mrs. Gordon Linkletter returned to Summerside on Saturday after having spent the past five months in Wallston, Mass. guest of her daughter and son-in-law, Mr. and Mrs. Samuel Oldershaw.

Mr. and Mrs. Stanley Linkletter arrived home on Saturday after an extended trip to Florida having returned by way of Toronto where they spent a couple of weeks.

Mrs. James O'Connor, St. Mary's Rd. returned home by plane from New York after spending the winter months with her aunt and uncle, Mr. and Mrs. Hines Monson, her cousin, Mrs. Margaret Pomarico. She also visited her sister Kay in Montreal.

HUNTER RIVER W.M.S.

The April meeting of the Auxiliary of the W.M.S. was held at the home of Mrs. L.W. Ripley. The president presided. After the singing of a hymn, Mrs. Sellar gave a reading, "We have a story to tell to the Nations," followed by Scripture reading, and comments on same by Mrs. Seaman. Mrs. Harry Smith gave a reading, "Every day is Easter," followed by the singing of a hymn and a Circle of Prayer.

Mrs. Don Bulman, Mrs. John Craswell and Mrs. Fred Smith, were in charge of the study, "Changing Patterns" "The Canadian Indians", which presented an interesting and instructive program.

Mrs. L.W. Ripley offered prayer for our "Prayer Missionary," Miss MacGregor. The minutes of the last meeting were read and approved. Sixteen members responded to roll call. It was moved and seconded that each member bring a small gift to our next meeting to be sent to the Port worker in Halifax. The meeting is to be held at the home of Mrs. Ivan MacKay, roll call to be word "Peace."

Mrs. Spence reported 62 home and 13 hospital calls had been made in March. Mrs. E. Bernard read a letter from Mrs. Creed. She stressed the importance of more good literature and books to be read by all members. Twenty-seven books were reported read for the month.

It was decided to pack a box of clothing for Korea. Mrs. W.I. Bowman to take charge of the packing of same. Mrs. J.S. MacLeod read an interesting letter from Miss Alma Inman in Trinidad, also one from our prayer missionary at Fort William, Ont., and hand information of the work of our leaders. Mrs. Moase is to be in charge of the study book for the month of May.

Lunch committee for May: Mrs. Seaman, Mrs. Ivan MacKay and Mrs. John Craswell. The meeting

was closed by repeating the Lords Prayer. Lunch was served by the committee in charge, assisted by the hostess.

North River W.I.

The April meeting of the North River W.I. was held at the home of Mrs. Ernest Laddner with the Vice President, Mrs. Lawrence Moynaux presiding. The meeting opened with the Mary Stewart Collect. Ten members answered the roll call with name of first school teacher. Correspondence was read by the secretary and discussed.

At the conclusion of the business a contest was conducted by Mrs. John Warren and lunch was served by the hostess and committee.

The May Meeting will be held at the home of Mrs. Harry Scott, Gerald Mill. The president, Mrs. E.T. Mill presided and meeting opened with the singing of the Island Hymn followed by Mary Stewart Collect. Eight members answered roll call with a housecleaning hint. Secretary read minutes of March meeting which were approved and signed.

CLERMONT W.I.

The April meeting of the Clermont W.I. was held at the home of Mrs. Wm. T. Mill and Mrs. E.T. Mill presided and meeting opened with the singing of the Island Hymn followed by Mary Stewart Collect. Eight members answered roll call with a housecleaning hint. Secretary read minutes of March meeting which were approved and signed.

Proceeds were handed in from a recent card party. Sick committee reported calls made and treats taken. Secretary read correspondence which consisted of a letter from District Convention Secretary, thank-you notes, etc. Bazaar work secretary was asked to purchase some cotton material for further work. Miss Theresa Coen and Mrs. Wm. T. Mill were appointed for a new school committee.

May meeting was invited to be held at Mrs. Harold Mills. Lunch committee: Mrs. Ernest Mill and Miss Amelia Mill. Program committee: Mrs. Harold Mill and Miss Dorothy Smallman. Roll call to be answered by buying a grab bag. Collection was taken which amounted to \$1.75. Cards were sold. Miss Theresa Coen had a ring contest and prizes were awarded to those having the highest and lowest scores. Lunch was served by hostesses, assisted by Mrs. Cecil Mill. Meeting adjourned with the singing of the Queen.

NEW HAVEN W.I.

The monthly meeting of New Haven W.I. was held at the home of Mrs. Louis Darrach. The president presided and the meeting opened with the Institute Ode and repeating Collect. Roll call was responded to by 15 members with a quartet.

The minutes of last meeting were read and approved. There was no unfinished business. Reports of committees were heard.

Sick committee reported six treats had been sent. School committee reported chalk and brush needed for school. There were several thank you notes read. Mrs. Gass expressed her thanks for treat sent also a plant and all who remembered her during her sickness. The following were read: one thank-you from Mrs. Elmer Boyle, one from Hazel McKinnon for expression of sympathy; Mr. and Mrs. Dan Taylor; Mrs. Hudson Jenkins and Mrs. M. Duereaux.

Correspondence were read and discussed. New business. Some discussion took place regarding sending for blankets but was left until next meeting. It was moved

KEEP IN TRIM

Exercise The Firmest Way To Keep Slim

By Ida Jean Kain

An ultra slim woman with that stylishly starved look remarked to your dietitian, "One can't hope to keep her face young and her figure slim too, can she?" That mistaken notion is all too common. The reason back of such thinking is that we overlook the importance of exercise, both for reducing and for weight control. In fact, we have sold exercise short.

A small amount of regular exercise is important at every stage of reducing, and is also essential for keeping weight normal. In the first place, without the help of exercise, reducing calories must be kept to almost starvation level. That's no way to enjoy life. A daily walk and a few easy stretches bends the circulation into brisk action and let the dieter have a couple of hundred more calories. On 1100 or 1200 calories daily, dieting fare can be good eating. Then, too, even in the best of regulated reducing programs, there comes a lull in losing. That is when exercise can save the day. By adding exercise, the slimming and toning goes right on even if the pounds remain stubbornly fixed for a few weeks. The emergency diet at this point are to increase the protein and step up the

exercise just a little, since both measures stimulate the body to burn more fuel. Exercise best. At the finish of a reducing routine, exercise is the firmest way to keep slim. Right after reducing the metabolic rate is lower and there is a tendency to regain the lost pounds as diet fare is abandoned. Well, that need not happen. Continue the daily walk and an easy routine of toning gymnastics. Firm muscles not only discourage fatty infiltration and thus stave off a gain, but with toned muscles the figure is more shapely.

This is the perfect time to answer the inquiry from a spirited lady of 61 who, after reducing 23 pounds, asked if walking would help her keep slim. She just loves to walk 2 or 3 miles a day, regardless of the weather. "Very little is said in health columns about walking. My husband says planned exercise is better," she writes. For keeping healthy and happy, looking young and controlling weight, there is nothing that beats a spirited 2 to 3 mile walk a day. In fact, walking constitutes one of the finest forms of exercise in this machine age, walking has become a lost art—to our detriment.

and seconded that we purchase a clock for a family who had the misfortune of having a fire. New committees were appointed. It was moved and seconded that Mrs. James Tierney and Mrs. Stanley Newman be on school committee for the next three months. Program, Mrs. Lloyd McKinnon and Mrs. Hugh McDonald. It was moved and seconded all bills be paid. Roll call next month to be answered by exchange of flower slips. Donation of \$2.00 to be given in next month in place of pantry sale. Next meeting at the home of Mrs. James Tierney. Collection amounted to 75 cents. A contest was conducted by Mrs. Earl Moore and won by Mrs. Judson McPhee. Meeting closed with the Queen. A delicious lunch was served by hostesses.

MONTAGUE LEGION AUX.

The regular meeting of the Ladies Auxiliary of the Canadian Legion, Montague, was held in the Legion Hall on Tuesday evening with the president, Mrs. Thomas Clair, in the chair. The meeting opened in the usual manner, followed by roll call to which fourteen members responded. The minutes of the previous meeting, correspondence and several bills were read by the secretary, Miss Florrie Beaton.

The correspondence included a letter from Mr. W.R. Shaw, Provincial organizer of the Red Cross campaign, in which he expressed his appreciation for the splendid response to the campaign from the citizens of Montague. The local campaign was conducted by members of the Legion Auxiliary and

COOK'S CORNER



HONEY BUTTER TARTS

Wash about 1 cup currants in hot water. Put a few of washed currants in tart shells. Add 1 teaspoon of honey butter to each shell, top with walnuts and bake in oven 400 deg.

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MORNING SMILE

Mubby: "Oh, darling, did you take a dollar bill out of my right-hand pants pocket last night?"
Wife: "Certainly not. Maybe you don't know it, but there's a hole in that pocket."

'Words Of The Wise

All men have their frailties, and whoever looks for a friend without imperfections will never find what he seeks. —(Cyrus)

HOUSEHOLD HINT

Do not soak clothes in wash water for more than 20 minutes, because prolonged soaking opens the fibers and permits soil to become more deeply lodged.

Alabama, the "cotton state" of the United States, was explored by the Spaniard De Narvaez in 1528.

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Just sprinkle soda on a damp cloth and wipe inner surfaces. Wash ice trays in soda solution—3 tablespoons to a quart of warm water. Leaves no soapy odor. Recommended by leading refrigerator manufacturers.

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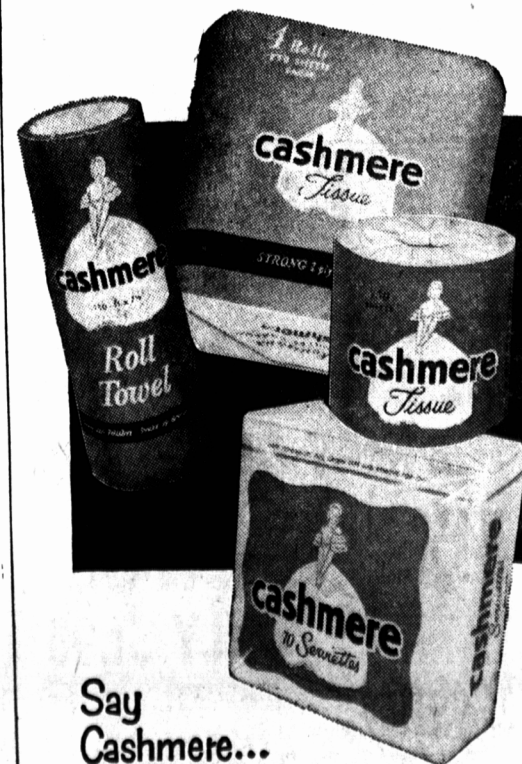
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