

WOMEN

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LET'S EAT

Home Freezers A Boon To Iowa Housewives

By Ida Bailey Allen

The spacious parlors of The Central Methodist church bloomed like a garden, for they had been decorated by the Garden Club of Oshtemo for the evening reception to honor the Federated Club President, Mrs. Harold Nissen.

A FORMAL OCCASION

Hundreds of Iowa Federated Club women, in formal evening dress, formed the long line to pay homage to their president.

"I am impressed with the se-

tomatoes on lettuce, pan-frozen fish filets, home-frozen corn and green peas, home-frozen apple pie, coffee, tea, milk.

Family Sunday dinner: Fresh green salad, cooked dressing, Roast beef, gravy, mashed potatoes, parsnip cauliflower, Upside-down pineapple cake, Coffee, tea, milk.

Mrs. Nissen's cooked dressing: Beat 6 egg yolks with 1/2 c. sugar, 1/2 tsp. salt, 1 tsp. mustard and 1 tsp. cornstarch. Add 1/2 c. vinegar; cook and stir over boiling water



GELATIN, EGGS AND HOT COFFEE

make this novel Spanish Cream dessert, topped with whipped cream nuts and maple syrup.

Softened 1 envelope unflavored gelatin in 1/4 c. cold water. Add 1 1/2 c. hot coffee, 1/2 c. evaporated milk, 1-3 c. each brown and granulated sugar and 1/4 tsp. salt. Stir over hot water until the gelatin and sugar dissolve.

Separate 3 eggs. Beat the egg yolks slightly; stir in 1/4 c. of the hot coffee mixture; then stir into the remaining coffee mixture. Cook over hot (not boiling) water until slightly thickened. Refrigerate until beginning to thicken.

Beat the 3 egg whites stiff with 1 tsp. vanilla and fold in Turn into a qt. mold. Refrigerate 4 hrs. or until firm. Top with whipped cream and chopped nuts. Pass maple syrup as the sauce.

COOK'S CORNER

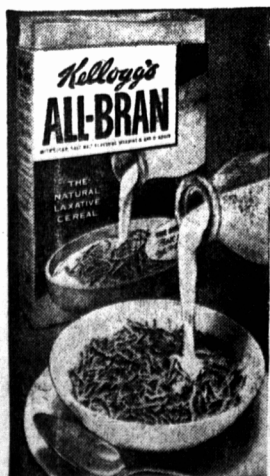


INDIAN RELISH

30 large ripe tomatoes
4 large onions
4 red peppers
3 cups white sugar
4 tbsps. salt
4 cups vinegar
Put onions and peppers through chopper.
Combine all ingredients and boil until thick.

IF IRREGULARITY IS YOUR PROBLEM

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You owe it to yourself to try Kellogg's All-Bran and milk as an aid to health and regularity. Here is a safe, natural way to improve your "intestinal time"—so essential to comfortable regularity. All-Bran, made from whole-wheat bran, contains natural food bulk which corrects the cause of constipation due to insufficient bulk. It is also an excellent dietary source of niacin, necessary for normal functioning of the body. Kellogg's has been making and improving All-Bran for nearly 40 years. There is only one All-Bran, Kellogg's—the original laxative cereal, milled for maximum effectiveness. We'll prove to you that All-Bran and milk will give gentle relief from constipation in 10 days, or double your money back. Kellogg's, London, Ontario.



Ceremony At Cardigan

All Saint's Church, Cardigan, was the setting at 9 a.m. on August 31st for the marriage of Miss Lilian MacPhee, Cardigan, and Mr. James Sullivan, Roseneath. The bride is the daughter of Mr. and Mrs. Alphonsus MacPhee, Cardigan, and the groom is the son of Mrs. Catherine Sullivan, Roseneath, and the late Mr. Thomas Sullivan.

at the ceremony and Mr. Wendel MacIntyre was the organist. The soloist was Mr. Michael MacIntyre.

Given in marriage by her father, the bride wore a ballerina-length gown of nylon net and lace over satin. Her fingertip veil was of nylon lace and net and she carried a bouquet of white gladioli.

Maid of honor was Miss Isobel MacPhee, sister of the bride, who was gowned in a ballerina-length dress of pale mauve nylon net and

lace over satin. She carried a bouquet of mixed gladioli.

The best man was Mr. Michael Sullivan and the ushers were Mr. George Garner and Mr. Joseph MacAuley.

A reception followed for fifty guests in the Rainbow Room of the Bison Restaurant, Montague. The room was decorated with gladioli.

For travelling through the Maritimes on her honeymoon, the bride donned a navy and white suit.

(Photo by V. R. Pepler)

Trainor - Rogers Wedding Held In Halifax

A pretty fall wedding of wide-spread interest was solemnized in St. Theresa's Church Halifax, N.S. Monday, September 5, when Rev. Robert Walsh united in marriage Mary Anita, eldest daughter of Mr. and Mrs. Clarence Rogers of Halifax and Francis Willred, son of Mr. and Mrs. Joseph Trainor of Kinkora, P.E.I.

The altar was decorated with multi-colored gladioli and late summer flowers. Present in the sanctuary was Rev. Owen Sharkey.

The bride, given in marriage by her father, looked charming in her floor-length gown of bridal satin with bouffant over-skirt of nylon tulle trimmed with lace inserts and lace jacket styled with Peter Pan collar and long sleeves coming to points over the wrists.

Her chapel veil of tulle illusion fell gracefully from a cap of lily-of-the-valley and she carried an arm bouquet of red roses.

Miss Denise O'Sullivan was maid of honor and Miss Una Trainor, sister of the groom, was bridesmaid. The attendants wore identical gowns of shrimp and yellow respectively which were fashioned with bouffant skirts of nylon net and lace jackets featuring Peter Pan collars and three-quarter length sleeves. They wore matching headbands of lily-of-the-valley and carried nosegays of carnations and sweet-peas.

The best man was Louis Trainor.

Halifax Wedding Unites Miss Reid And R. S. Brookfield

West End Baptist Church, Halifax, was the scene of a pretty wedding of interest of friends in THE Maritime Provinces Saturday afternoon September 10th at 2:30 o'clock when Rev. Abner J. Langley, Pastor, united in marriage Miss Helen Dianne Reid, daughter of Mr. and Mrs. Sinclair D. Reid, Summerside, and Richard Samuel Brookfield, son of Mr. and Mrs. Samuel C. Brookfield of Halifax. The church was decorated with baskets of gladioli. Ira G. Taylor, organist of the church, played the

wedding music and Mrs. Matthew Swan of Saint John, N.B. was the soloist.

Given in marriage by her father, the bride wore a floor-length wedding gown of white nylon net over satin with bouffant skirt trimmed at the draped waistline with folds of net embroidery with sequins and pearls. She carried a cascade bouquet of American Beauty roses with white ribbons and lily-of-the-valley.

Mrs. Joseph Wade, sister of the bride, was matron, of honor and wore a floor length gown of orchid nylon net over taffeta with matching headress and she carried a nosegay of summer flowers. Miss Florence Hall was bridesmaid and wore a floor-length gown of yellow nylon net over taffeta with matching headress and she also carried a nosegay. Miss Susan Murdock was flower girl and wore a floor-length dress of pale blue with matching headress and she carried a nosegay.

Frank Brookfield, brother of the groom was best man. The ushers were Robert Waterman, Halifax, and James Cooper, Truro.

A reception was held in the Lord Nelson Hotel. The bride's mother wore a teal blue silk afternoon dress with black accessories and a deep pink corsage. The groom's mother wore a seal brown afternoon dress with brown accessories and a corsage of yellow roses.

ANNE ADAMS PATTERNS

Sizes up to 50 can benefit from this wonderful bra—it gives a perfect fit, comfortable firm support to the larger figure! Easy sewing too—make it in regular and long length. See how flattering your fashions will look—with this new foundation beneath!

Pattern 4619: Women's Size 36, 38, 40, 42, 44, 46, 48, 50. Size 36 takes 1 yard 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send 1 FORTY-FIVE CENTS (35 cents in coins (stamps cannot be accepted) for this pattern. Print plainly NAME, ADDRESS, STYLE NUMBER.

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For APPETIZING goodness!
Barbour's
STABILIZED
PEANUT BUTTER



ELLEN'S DIARY

By An Island Farmer's Wife

This day of sun and scudding clouds took our farmers — and Jeanie to town in the morning. The women of this farm, if they would enjoy a spell of shopping must keep an ear to the ground for outings like these. And hearing often plan quickly, deciding which chores must be done before they go and what items will wait. It is remarkable how many can be rested without inconvenience to the housewife or family when a trip like this is in prospect! After all "There is only one summer in a year" we remind ourselves, and not always will "The heart beat young."

We learned something of this excursion when James coming in to breakfast stopped a moment on the back verandah to say to the young farmer in the yard, "They should be! It wouldn't take us long to make sure...After a bit then, we'll slip them on the scales. Any feed wanted today? No? Oh I don't think I'll go." "I don't think that I can go" that was, Jeanie. "I should bake bread and..."

"Spin yo' yarn tomorrow!" we laughed, knowing the charm of the outing with autumn spreading her colors along the way.

Soon they were off — James too, a fat sheep or two of the place riding "second."

It is not well to underestimate the worth of the little or larger truck of a farm with its crates of chickens, its cans of cream or its bearings of livestock, its sacks and its bales on street or highway. The imposing car passing it carries obviously no such potential wealth. Nor within it a starry-eyed woman, by these tokens, assured of wherewithal for her shopping.

"I don't feel right" a farmwife of the horse and buggy days laughed when we happened to chat with her and her husband then on the way to a day at the Exhibition. "We've nothing in the back of the wagon — not so much as a dozen eggs or a few pounds of butter! Good doers, we are! All spend, no make, today."

And the sparrows were our company this morning. And the blackbirds stripping the bright berries from the rowan tree on the lawn. Taking last lunches, chattering about the migration, we fancied, the route chosen or is it rather thrust upon them? The delights and hazards of the way... Bright young matrons nodding. "It's as much as ever if Grandmaw will make it this fall. It will be pretty trying on her. Poor thing. One time, she could fly with the best of us — and always in good cheer no matter what happened. Now, he's holding his own better. Yes "with

smiles," he says the chipper. He'll be off in the...first bird. And no false trails either, bless him! He knows the way by heart."

No feed of town ferried home today but in its place feeders of the cattle-kind to graze on our hillside, and stabled later grow into "the beef" which carries off on the hoof, the crops of our fields. "If we're spared till morning, Ellen?" James looks up from his reading to say, "we should clean those stove-pipes again."

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

To prevent slipping when you are wearing new shoes, sandpaper the soles. This is an especially good accident prevention for small children.



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Cross-over elastic front dips low, divides divinely. Elastic back sets lower, stays lower. Exclusive, self-adjusting sides give perfect fit. Made of beautifully embroidered white nylon and elastic. Lives and breathes with you... gives wonderful support no matter what your size or in-between-size. At your favorite department or specialty store. 32A to 40C.

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Mysterie

STOCKINGS

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Your beautiful new MYSTERIE Stockings really do wear like hosiery used to... two pairs Guaranteed to wear 60 days. MYSTERIE has found the way to combine long-wearing pre-war qualities with today's fashionable sheer glamour.

Ask for MYSTERIE at your favourite hosiery counter. MYSTERIE — made only by **GOTHAM GOLD STRIPE** — for young looking legs — on the go!

ALL GOTHAM GOLD STRIPE STOCKINGS ARE COLOR-KEYED

GOTHAM ANNOUNCES NEW MYSTERIE STOCKINGS — 2 PAIRS GUARANTEED TO WEAR 60 DAYS

New Hosiery gives you both wear and beauty

Gotham Gold Stripe pinpointed the biggest stocking problem and then solved it — with Mysterie. Mysterie is an entirely new kind of sheer stocking, with a unique construction that eliminates 90% of those mysterious runs, pops and breaks.

Now, you get "wear and beauty" — you no longer have to choose between practicality and loveliness to suit the occasion. And Mysterie stockings flatter you beyond all recall with a shadowy dullness, a leg-hugging fit and slim seams that stay straight all day long.

Gotham's new Mysterie is an exclusive "True Proportion" stocking — not a stretch stocking. It's knitted to the true proportions of your leg, with permanent elasticity that lets it hug the leg so perfectly that you feel Mysterie is made for just you alone. And despite their sheerness, these stockings will wear like those wonderful pre-war nylons you've so often spoken of. Mysterie has a completely new crepe-like appearance, and a flattering shadowy dullness. And because of an exclusive yarn and knitting process, they will wear and fit better, even though they're so sheer.

Like all fine Gotham Gold Stripe stockings, Mysterie is Color-Keyed to go with your favourite fashions. Your legs never need to look "left out" of your wardrobe, because there is a Mysterie Color-Keyed stocking to complement each newest fashion shade.

Mysterie stockings are True Proportioned. In True Proportions, stockings are knitted specifically to fit small, short or slender legs; average legs of medium proportions; and long or plus proportioned legs. True Proportions will assure you of a perfect fit, and the stocking with perfect fit gives you the perfect wear.

In fact, Gotham actually guarantees Mysterie stockings — two pairs to wear for 60 days. Every package of Gotham's new Mysterie stockings has a card that guarantees the two pairs of stockings against runs.

Good News for Budget-Minded Teens:

Gotham's new Mysterie stockings won the stamp of approval from the budget-minded teenagers. Mysterie, combining long wearing qualities and sheer beauty, has now eliminated the need for those extra pairs of hosiery to wear on special occasions. Mysterie stockings are so sheer, they're perfect for all evening wear—the movies, house parties, or the Prom. And, with Mysterie's long, strong wearing qualities, they're better than ever for daytime classes, or around the office.

With Mysterie's wonderful guarantee, most Teens are finding their clothing allowances, and particularly their stocking dollars going a long, long way.

For everyone who's ever dreamed of a stocking that gives you both wear and beauty—there's a Mysterie in your future. Mysterie, the only stocking with a Guarantee by Gotham Gold Stripe, is available at fine hosiery counters. Look for Mysterie—the stocking of the future; the stocking With a future.

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In every position

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You'll find a True Proportion stocking to fit you perfectly in length, at the top, calf, ankle, and foot.