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**Let's Eat**

nut bread sandwiches and a variety of new "cereal cookies."  
Women's clubs and organizations all over the country will be opening this month. So, in case you'd like to serve sweets at these affairs, here are recipes for two the Chef and I especially liked.  
**Orange-Nut Bread:** Sift together 2 1/2 c. already-sifted enriched flour,

2 tsp. double-action baking powder, 1/2 tsp. baking soda, 1/2 tsp. salt, and 1/2 c. sugar. Add 1/2 c. chopped nut meats, 1/2 c. raisins, and the grated rind of 1 large orange.  
Combine 1 beaten egg, 1/2 c. milk and 1/2 c. orange juice. Add to the flour; follow at once with 2 tbsp. melted shortening. Stir only until well dampened.  
Turn into an oiled 9 x 5 x 3-in. loaf pan. Bake 1 hr. in a moderate oven, 350 degrees F., or until a toothpick, inserted near the center,

comes out clean. Cool 10 min. in the pan. Then turn out and let stand until cool. Wrap in waxed paper or aluminum foil and store overnight before slicing.  
**Tea Sandwiches:** Cut Orange-Nut Bread in thin slices; spread with butter stirred until creamy, or use equal parts butter and cream cheese blended until smooth.  
**Applesauce Cereal Cookies:** Sift together 1 1/2 c. already sifted enriched flour, 1/2 tsp. double-action baking powder, 1 tsp. baking soda, 1/2 tsp. salt, 1 tsp. cinnamon and 1/2 tsp. each powdered clove and nutmeg.  
Cream 1/2 c. shortening until soft. Then gradually blend in 1 c. sugar and 1 egg. Cream and beat until blended. Last, add the flour mixture alternately with 1 c. sweetened thick applesauce.  
As a last touch, combine 1/2 c. raisins with 1 c. whole corn flakes and stir in. Drop by teaspoonfuls onto oiled baking sheets, keeping the cookies 2 in. apart.  
Bake 12 min. in a moderate oven 350 degrees F., or until lightly browned. This makes about 5 1/2 dozen.  
They will keep in a cold place several days. Or pack in a polyethylene bag fasten with a goose-neck seal, and freeze up to 3 wks.

a 400 degrees F. oven. Chill 1 hr. before filling.  
**MAYONNAISE CREAM SAUCE FROM THE CHEF**  
Into 1 c. rich medium-thick white sauce, beat 1 tsp. lemon juice, 2 tsp. mayonnaise and 1/2 tsp. minced dill.  
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**Mary**

almost believe they too have a price.  
C. R.  
**WHENCE COMES THIS JAUNDICE**

DEAR C. R.: It seems you are emotionally sick about something—and as Alexander Pope observed: "All seems infected that the infected spy, as all seems yellow to the jaundiced eye." You are seeing women through acutely jaundiced eyes at this time.  
What's wrong? Has an attractive widow turned you down, in favor of an older more substantial man who offered marriage, whereas you only wanted companionship, with no strings attached? Had she flirted with you, courted your attention and sympathy in past years when her first husband was alive? And then did she drop you like a hot potato, when in quest of another strong arm to lean on?  
Isn't it straining at a gnat and swallowing a camel to claim that a woman of the street seems honorable, as compared to the lady who marries security? In older civilizations it is generally understood that women are the realists and men the romanticists about the personal side of life. Incidentally, the romantic view has to do with an unreal, fanciful or imaginary concept of "what is".

**MEN AND WOMEN MUCH THE SAME**

In my opinion, men and women are cut from the same cloth. By and large, each is endowed with much the same potentials of "almost angelic virtue". In Scriptures we are told that the human race is a species "a little lower than the angels"—and by that margin equidistant kin to Lucifer too (the fallen angel). I suppose individuals have an inherent self-determining quality called free will, which operates in their inner life, and permits them to choose (by degrees), which potential of self to cultivate—namely, good or bad, during their early span. Not that they produce the full harvest on their own. Rather, in process of making their choices (by degrees), they link up with the legions of Darkness or Light, increasingly.  
Birds of a feather flock together, you know. So if you are seeing the worst of which woman is capable, perhaps you have taken the path that descends to the pit. Maybe you should attend to your own salvation, and mercifully suspend judgement on others in your present down-drifting predicament.  
M. H.

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

**CONFIDENTIALLY YOURS**

**MONTREAL, September 9th**—Want to look younger and prettier... right away! Then use TINTZ Creme Color Shampoo... for it's the quick, easy home way to bring colorful, youthful beauty to dull, drab or graying hair! This amazing new Creme Shampoo recolors hair in just 17 minutes, too... as well as cleanses and conditions at the same time. So try Tintz today in your choice of 14 exciting shades—and accept this SPECIAL OFFER... Tintz Touch-Up Pencil valued at \$1.25... yours for only 25c and a Tintz boxtop! Address Dept. 5L, Tintz Co., 22 Beral Road, Toronto 15, and specify choice of color... black, dark brown, medium brown, light brown, auburn or blonde!

**Fastidious Women, Please Note!** Here's interesting news for everyone of you who cares about perfection in such all-important details of good grooming as freedom from any trace of underarm odor. New, gentle FRESH, CREAM DEODORANT contains an exclusive "Moisture-Shield" formula to keep underarms dry—so dry there's no stain or graying hair! This amazing new Creme Shampoo recolors hair in just 17 minutes, too... as well as cleanses and conditions at the same time. So try Tintz today in your choice of 14 exciting shades—and accept this SPECIAL OFFER... Tintz Touch-Up Pencil valued at \$1.25... yours for only 25c and a Tintz boxtop! Address Dept. 5L, Tintz Co., 22 Beral Road, Toronto 15, and specify choice of color... black, dark brown, medium brown, light brown, auburn or blonde!

**Friends Of Ours** have learned a lesson in modern thrift. For years they've been living in cold houses with poor furnace, and been uncomfortable all winter. For years they've been trying to save enough for an oil burner or for insulation—but have never been able to do it. But through the well-known services of the Industrial Acceptance Corporation and its IAC MERIT PLAN—they have their oil-burner note and are paying for it systematically out of income! The whole family has learned lessons of thrift in watchful ways of saving money for the monthly payment. And they're warm as can be! Next, they say, confidently, comes an air conditioning unit and further home improvements. Why don't you, too, ask your dealer today about the IAC Merit Plan?

**Your Skin's So Precious**... that it's only good sense to take precious care of it. So do use WOODBURY COLD CREAM... because now it contains Penaten, the miraculous new penetrating agent. Penaten goes deeper into pores... loosens stale make-up and grime, so that it floats to the surface to be washed away... The truly skin-deep cleansing that you get with Woodbury—because of Penaten—brings a fresher, younger look to your skin that will delight you... A few minutes, night and morning, with Woodbury Cold Cream will give your skin the cleansing care it needs. At 25c, 45c, 78c and \$1.15 everywhere.

**Half Did, Half Didn't** go away for holidays this year, according to a recent Gallup Poll. Many of the lucky ones who did get away are probably planning their next year's vacation now. I've found that the only way to see the places I want to see and do the things I want to do is to start saving early in a Sunshines Account at the BANK OF MONTREAL. In this way I can buy my '55 vacation in easy instalments—one day at a time. Each payday I deposit enough to cover expenses for one vacation day. Then, when holiday-time rolls round, I have a tidy sum set aside—and no money worries to cloud my holidays. Why don't you open your B of M Sunshines Account today and promise yourself a care-free vacation in '55?

**How Many Shades Of White Can You Distinguish?** There are dozens you know. Many of them are hard to see—but there's one I can recognize every time. It's the white that comes from Laundry Blue. Think of your washday products this way: soap and detergents—regardless of their colour—take out dirt. Bleach takes out stains. But Laundry Blue adds whiteness to your white clothes. In your rinse water, Laundry Blue becomes millions of tiny particles that weave through your clean clothes, catching light like miniature sequins—to give your white clothes new, brilliant whiteness. It works in a twinkling. Get RECKITT'S BLUE.

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SEE THEM SMILE

WHEN YOU SERVE

Post's GRAPE-NUTS FLAKES

EXTRA DELICIOUS!

**TOMORROW'S DINNER**  
Tomato, Green Bean and Cucumber Salads  
Tuna or Crab Cakes  
Mayonnaise Cream Sauce  
Whipped Potato Broccoli  
Lemon-Cheese Pie  
Coffee Tea Milk  
Tuna or Crab Cakes: Drain the contents 2 (7-oz.) cans tuna, or use 2 (7-oz.) cans crab flakes, shell removed. Flake the fish fine. Add 1 c. fine, soft enriched bread crumbs (no crusts), 1 egg, 1 tbsp. table mustard, 1/2 tsp. pepper and 1/2 tsp. each salt and monosodium glutamate. Mix thoroughly. Chill 10 min. Shape into flat cakes containing 1/2 cup each. Dust with flour. Sauté in butter until lightly browned. Serve plain or with the Chef's Mayonnaise Cream Sauce.  
This lemon-cheese pie is as easy to make as it is easy to eat! Especially suitable for dessert at a fish dinner.  
Lemon-Cheese Pie: In a pt. saucepan, combine 1 pkg. lemon pie filling, 1/2 c. sugar and 1/2 c. water. Add 1 egg and blend thoroughly. Stir in 1/2 c. water and 1/2 c. light cream or undiluted evaporated milk. Cook and stir about 5 min., or until the mixture comes to a full boil and is thickened. Cool 5 min., stir once.  
Meantime, put 1 lb. cottage cheese through a sieve and fold in the previously made filling. Pour into a deep 9-in. pie-plate lined with graham cracker crumbs. Sprinkle top with 1/2 c. of the crumbs. Chill at least 2 hrs. before serving.  
Graham Cracker Crumb Crust: Blend 2 tbsp. sugar, 1 1/4 c. fine graham cracker crumbs and 1/2 c. melted butter. Reserving 1/2 c. for topping, press on the bottom and sides of a 9-in. pie-plate. Bake 5 min. in

at 400 degrees F. oven. Chill 1 hr. before filling.  
**MAYONNAISE CREAM SAUCE FROM THE CHEF**  
Into 1 c. rich medium-thick white sauce, beat 1 tsp. lemon juice, 2 tsp. mayonnaise and 1/2 tsp. minced dill.  
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What's your BRAND Panader

**ZAKEM'S!**

IF NOT --- BETTER MAKE IT SO --- AND YOU WILL BE ROPING OUR LOW PRICES EVERY DAY OF THE WEEK.

Campbell's TOMATO SOUP, 2 tins ... 27c  
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SPECIAL ANNIVERSARY PRICES FOR TEN DAYS ONLY SEPTEMBER 9th to 19th

45 Gauge 30 Denier ..... \$1.35 \$1.05  
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60 Gauge 15 Denier ..... \$1.65 \$1.35

SIZES 8 1/2 to 11 — LATEST FALL SHADES

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