



DELUXE AT-HOME GOWN

Sybil Connolly's model "Intimate" . . . a truly elegant gown for a deluxe at-home evening. The fabric is a delicious pimento red, fine diagonal weave created by continental fabric designer Mik-Sekera for textured silk and Ac-

lian yarns . . . chosen by Miss Connolly because of its gently textured beauty — its brilliant color — its airy, yet full-bodied hand — all made possible by this fiber. Wide sleeves tightened just below the elbow — a softly bloused

bodice — are clinched in at the natural waist with two self-fabric half contour belts buckling on either side. The skirt is pencil-slim with two extravagantly full over-panels billowing from the waist to give exquisite grace of movement.

ELLEN'S DIARY

World Day Of Prayer Is Good To Remember

And away from us the winter weeks have slipped, until now only a token number remains. "It would be nice," we said to James at supper, harkening back to days when a Friday afternoon brought out workaday week's close, "if the farmers too could have a five day week, wouldn't it?" But he chuckled at the very thought of it.

It is, I work, Ellen," he offered "if another experienced shift of workers could take over the cares. But even then I would have my doubts. How would the stock, just now, like the change I wonder? For they have a remarkable confidence in the one who feeds and looks after them, and they do better at the hands of one master. And it's a marvel how they come to know and recognize him. Now the other day when there was a visitor's horse in the stable, he took no notice of my or the young lad's coming by there, but the minute the owner opened the door, the animal nickered a greeting to him. Strange, isn't it?"

Our supper was a stewed kidney . . . But Granddaughter smiled over this "But Grandmother" she said in Red Riding Hood words "what a funny cooking-pot you have!" "It's a cooking-pot built for two!" we laughed.

"I think it is," she giggled. The sweetest popular, we noticed, was the raisin turnover, a quaint baking which belongs back in the machineless, bombless, quiet years — an oblong of pastry holding the toothsome concoction of "sugar and spice and every-

thing nice" sealed within. Once it is in the pan, we prick to top with a fork in an Auld Lang Syne pattern which invariably returns to mind the picture of a big and happy family about a table in a dining room where geraniums bloomed in the windows and smiles blossomed on faces, to make it a nice childhood home to recall.

Now March sends warm winds over the farmland. And returns once more to us this Annual World Day of Prayer. It is good to remember that on this day, women of many race and color grasp hands in a circle which reaches around the globe. Offering in many tongues, though with a common sentiment their supplications for the world's weal to the God who cradles that world-nation, individual, all, in the hollow of a mighty Hand.

G. B. Gilbert in a nice benediction which has to do with the Springtime offers this prayer: Almighty God, who has given us the grass of the lawns and the fields as a great benediction to man, who has given us the succulence of the mountainsides to feed the cattle upon a thousand hills, who has given us the verdure of the rough places to be our forgiveness of nature for the marriage and the scarring of the face of the earth by the hands of men, grant that we like this God-woven covet of the land, may be as a covering benediction to the mar's and the scars, the cares and the worries and the sorrows of our fellow men. As they bring of the springtime grass foretells the bounty of the falltime harvest, so may our bursting love of all life foretell in us, the continuing harvest of human happiness, through the coming years. Through Him who said "As a man soweth, so shall he reap; as a man scattereth, so shall he gather."

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

HOUSEHOLD HINT

After you have oiled your sewing machine, stitch through a blotter several times to soak up any excess oil and protect your fabric against stains.

UNDAUNTED WOMAN

KAMINISTQUIA, Ont. (CP)—Mrs. Kalle Martilla wounded a wildcat which had blocked the path of a neighbor's son on his way to school. When the snarling animal continued the attack, she clubbed it to death with the butt of her rifle.



NEW LOOK

The "blouson" look in a sheer crepe dress has bodice fullness shirred into a band set in at the waistline to keep the line permanent. A Fashion, the dress is fully lined and the hipline softened by pleats. Another fashion feature is a large fringed taffeta bow. Bust necking and cuffs are also band-

WOMEN

Lena Caroline McLure, Women's Editor. Phone 8506

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HAPPENINGS

Mrs. W. C. MacLeod entertained at her residence, Wednesday afternoon, at the tea hour in honor of Miss Tui MacLeod of Wellington, New Zealand. Mrs. John A. Fraser presided at the tea and Mrs. Ralph Bearsto assisted in serving. On Monday afternoon Mrs. MacLeod also entertained in honor of her New Zealand guest. On both occasions Miss MacLeod delighted those present by singing. Among the numbers very much enjoyed were those from the Hebridean Isles and the Maori songs of New Zealand. Miss MacLeod will be the guest soloist Sunday morning at the St. James Presbyterian Church.

Apropos of Education Week, Bertrand Russell has been giving a series of talks in England entitled "Books that Influence Me in Youth." Mr. Russell tells how he acquired through history a broad understanding of the past which includes an "indomitable quality of the human mind at its best that gives hopes for mankind."

Alpha Chapter of Beta Sigma Phi held their regular monthly meeting at the home of Miss Francis MacMillan. The president, Mrs. Gordon Bears presided over the business meeting. Plans were finalized for the Talmage Tea to be held at the Y.M.C.A. March 26. The following new officers were installed for the coming year: President, Mrs. J. O. Hornby; vice president, Miss Helen Cox; corresponding secretary, Mrs. Cliff MacMillan; recording secretary, Miss Francis MacMillan; treasurer, Mrs. Douglas Cameron. The program "To See and To Know" was presented by Mrs. Temple Hooper and Mrs. Bill Thompson. Delicious refreshments were served by the hostess, assisted by Miss Helen Cox and Mrs. Harold Milligan.

MARY HAWORTH

Divorcee Is Very Unhappy

Dear Mary Haworth: I am a girl 22, a divorcee with one child. My former husband Tom and I are still friends, and he takes the baby one or two days a week. I have been going with a very nice fellow whom I truly love and respect. Here is the problem: Tom came by the other day and dropped in to see the baby. He was here about 15 minutes when Sam (my boy friend) came in. Well, after Tom left, Sam threw a fit and accused me of almost everything wicked. He said I should throw Tom out when he comes barging in.

Sam doesn't trust me, even though I have tried in every way possible to help him believe I've done nothing wrong. We want to be married, but have delayed due to a difference in religion—as Sam's church rules out divorce.

Sam isn't talking to me nowadays, except when he thinks of something hurtful to say. I feel like dirt that has been thrown to the wind; and I must have advice soon, before I go completely crazy.

More than once he has called me vile names; and while I don't think he really means them, neither do I think he has any respect for me or he would trust me. Am I wrong? Or is Sam wrong? He is forever accusing me of flirting with other men (and he gets violent at times). Please give me your honest opinion on what to do. P. Y.

OBVIOUSLY SICK

Dear P. Y. — Your boy friend Sam is—quite obviously—an emotionally sick character. He is self-poisoned by the evil quality of his habitually perverse imaginings about man-woman relationships. The vile names he calls you, and the "dirty" things he thinks and says about you, are simply the product of his chronically self-polluted state of mind — the disclosure of his own debased inclinations.

As the poet Alexander Pope observed, hundreds of years ago: "All seem infected that the infected spy, as all seems yellow to the jaundiced eye." A folk saying puts it more succinctly: "Evil to him who evil thinketh." And the Bible tells us: "As a man thinketh in his heart, so is he."

So get it straight, for your own peace of mind, that you aren't responsible for Sam's diseased thinking. And you can't "help" him to have trust in you, because you can't be his soul-physician. That's a job for a clergyman, assisted by psychiatry and God—and given Sam's co-operation, Sam would have to want mental health and moral regeneration to seek it for himself, before a

Mrs. D. R. Brown, York Lane, is at present in Ottawa. She will be away for a week or ten days.

Mrs. M. A. Kierstead of St. John, New Brunswick, is visiting Dr. and Mrs. D. R. Brown, York Lane.

Miss Mildred Thompson, R.N., was the guest of honor at a linen shower held Wednesday evening at Mrs. R. Earl Taylor's residence, York Lane.

Mr. and Mrs. J. H. Hill and Mr. and Mrs. F. R. MacLaine are leaving Sunday morning for Florida. They will be away for one month.

Mr. Malcolm Joyce arrived from Mt. Allison to spend the mid-term holiday with Dr. and Mrs. H. H. Pierce, North River Road.

Mr. and Mrs. Tom Scantlebury who were married recently in Charlottetown left Monday afternoon by plane for Calgary, Alberta, where they will reside.

MORNING SMILE

When Eddie, the slow moving and inefficient clerk in a small town store, was not in evidence one morning, a customer asked: "Where is Eddie? He ain't sick, is he?" "Nope, he ain't," replied the proprietor. "He just ain't working here no more." "That so?" responded the villager, "got anybody in mind for the vacancy?" "Nope, Eddie didn't leave no vacancy."

COOK'S CORNER

FROSTED DREAM SQUARES

1 1/4 cups flour
1/2 cup butter
2 tablespoons brown sugar
Mix till crumbly and pack in pan. Bake in slow oven until delicate brown (8 min.).
Beat 2 eggs, add 1 cup brown sugar, 2 tablespoons flour, 1/2 teaspoon salt, 1 teaspoon baking powder, 1 cup chopped walnuts, 1/2 cup coconut, 1/2 teaspoon vanilla. Spread over cake and bake in moderate oven until set. (20 minutes).
Iceing:
1 tablespoon butter, 2 teaspoons lemon or orange juice, a little rind, icing sugar, vanilla and salt.

GRIPPY COLDS?

Sneezing, shivering ache-all-over misery will give way to relief within minutes of taking Buckley's Cold Capsules. Four cold-fighting ingredients in each easy-to-take capsule. Fast relief or double your money back. Pocket size 30's. Family size 79c. Sold everywhere.

GET FAST RELIEF BY TAKING BUCKLEY'S CINNAMATED COLD CAPSULES

Announce New Way To Shrink Painful Piles

Science Finds Healing Substance That Does Both—Relieves Pain—Shrinks Hemorrhoids

Toronto, Ont. (Special)—For the first time science has found a new healing substance with the astonishing ability to shrink hemorrhoids and to relieve pain. Thousands have been relieved—without resort to surgery.

In one hemorrhoid case after another, "very striking improvement" was reported and verified by doctors' observations. Pain was relieved promptly. And, while gently relieving pain, actual reduction or retraction (shrinking) took place. And most amazing of all—this improvement was maintained in cases where doctors' observations were continued over a period of many months! In fact, results were so thorough that sufferers were able to make such astonishing statements as "Piles have ceased to be a problem!" And among these sufferers were a very wide variety of hemorrhoid conditions, some of 10 to 20 years' standing. All this, without the use of narcotics, anesthetics or strychnine of any kind. The secret is a new healing substance (Bio-Dyne)—the discovery of a famous scientific institute. Already, Bio-Dyne is in wide use for healing injured tissue on all parts of the body. This new healing substance is offered in suppository or ointment form called Preparation H. Ask for individually sealed convenient Preparation H suppositories or Preparation H ointment with special applicator. Preparation H is sold at all drug stores. Satisfaction guaranteed or money refunded.

LET'S EAT

Serve Antichokes Baked And Stuffed

By IDA BAIL YALLEN
"What a wonderful sight, so exotic and appetizing" exclaimed the Chef, gazing at the great fields of artichokes near Castroville, California, the country's artichoke centre.

"In France and Italy, Madame," he continued, "the artichoke is a favorite vegetable, whether plain-boiled to eat with French dressing or hollandaise, served as pickled artichoke hearts for an hors d'oeuvre, or baked and stuffed with meat for an entrée."

"Now that artichokes are generally available, we should use more of them."

Monday's Dinner
Tossed Salad
Lettuce-Dandelion
Minestrone Toasted Rolls
Baked Stuffed Artichokes or Green Peppers
Italian Braised Potatoes
Small Apples
Bel Paese Cheese
Coffee Tea Milk

All measurements are level. Recipes proportioned to serve 4 to 6.
Baked Stuffed Artichokes:
Wash 6 medium-size artichokes. Trim the stems; peel off the tough outer leaves.

Then cut off the top third of the remaining leaves. Spread them open. With a teaspoon, dig out the choke or fuzzy portion. Place the artichokes, cut side up, in a saucepan. Add 1" boiling water and 1/2 tsp. salt. Cover. Simmer 30 min.

Meantime, make the stuffing. Brown 3/4 lb. ground chuck of beef and 1/2 c. chopped onion in 2 tsp. shortening.

Remove from the heat. Stir in 3 tsp. chopped parsley, 1 c. soft enriched bread crumbs, 1 tsp. salt, 1/2 tsp. black pepper and 1/4 tsp. each ground ginger and powdered oregano. Drain the artichokes, but save

the liquid. Spoon the stuffing into the centres. Top each with a slice of tomato.

Combine 1 tsp. olive oil with 1 tsp. salt and brush over the artichokes and tomatoes. Place in a shallow baking pan. Pour in the artichoke liquid, 2 tsp. fresh lemon juice and boiling water to 1/4" depth. Cover with aluminum foil. Bake small artichokes 45 min., and large ones for 1 hr. in a moderate oven, 350 degrees F.

Dust buttered bread crumbs over each tomato slice 10 min. before the artichokes will be done. Continue baking until the crumbs are golden brown.

Pickled Artichoke Hearts From The Chef

Trim the stems and outer leaves from 1 doz. medium-size artichokes. Drop into cold water containing 1 tsp. vinegar. Drain. Boil 15 to 20 min. in salted water. Cool. Remove the outer leaves and the "choke" or fuzzy portion from the centre. Quarter the artichoke hearts.

Pack into jars or a large refrigerator dish; pour over pickling vinegar. Cover. Keep 24 hrs. before using.

Pickling Vinegar: Combine 1/2 c. olive oil, 1/2 c. cider vinegar, 1/2 c. water, 1 peeled section garlic and 1/2 tsp. pickling spice tied in a small piece of cheesecloth. (For "sweet-sour pickle," add 1/2 c. sugar). Bring to a rapid boil. Boil 5 min. Remove spices.

CARLETON W.I.

The regular monthly meeting of the Carleton W.I. was held at the home of Mrs. Aualah MacCallum on Monday evening, February 11.

The president presided and opened the meeting with the Institute Ode followed by Creed in unison. Roll call was responded to by nine members with a knitted square for Hungary. One visitor was present. Minutes of last meeting were read and approved. Treasurer reported a balance on hand of \$212.74 cents.

Correspondence was read and discussed. It was moved and seconded that donations be given to the following: 5 dollars to March of Dimes, 5 dollars to the Music Festival, and 2 dollar fee to Drama Festival, along with a letter of protest against taking money from the Breweries.

It was decided to renew teachers magazine. Sick committee reported five treats taking to sick in district and 3 cards sent. Council committee reported chalk and pencil sharpeners needed. New committees: Sick, Marjorie and Grace, School, Priscilla and Hazel, Blanket — Mrs. Albert Craswell and Mrs. Boyd Lowther. Red Cross work was handed out.

It was decided to have a Basket Social on February 20th. A discussion took place on starting a sewing class for the children. Proceeds from travelling aprons amounted to \$12.90. Seven members subscribed for Institute News. Priscilla invited members to

several topics of interest to the Union were discussed and plans were made for securing awards for pupils writing the Temperance Course. The meeting closed with the Benediction. A social evening was afterward enjoyed. Next meeting to be held at the home of Mrs. John Lewis.



For tastier Lenten dishes made the easy way . . .
Smoother cheese sauce in just 3 minutes!
The secret is better-blending Carnation—no other form of milk will do!

Imagine! Just 3 minutes for a cheese sauce! Smoothest you've ever made, too. And all because Carnation has special blending qualities not found in ordinary milk. The easy recipe's right here. Try it tonight in one of the delicious new Lenten casseroles below.

Souffler Casseroles: Mix 4 cups cooked macaroni, 1 cup well-drained canned salmon, 2 tablespoons finely diced onion, 1/4 cup chopped stuffed olives together in bowl. Pour Carnation Cheese Sauce over mixture; combine lightly. Turn casserole into buttered 1 1/2-quart casserole. Bake in moderate oven (350°F.) 30 minutes.

Salmon-Noodle Buffet: In a well-buttered 1 1/2-quart casserole, arrange alternate layers of 3 cups cooked noodles, 1/2 cup sliced mushrooms, 1 tablespoon chopped onion, 1 cup salmon. Pour Carnation 3-Minute Cheese Sauce over casserole. Sprinkle with 1/4 cup toasted almonds. Bake in moderate oven (350°F.) about 30 minutes.



You'll find my CHERRY DUMPLINGS easy to make!

Turn out into broad saucepan or electric frypan
1 can (approx. 15 ounces) cherries and syrup
Add and stir until sugar is dissolved
1/2 cup granulated sugar
1/2 cup water
Cover and bring just to boiling point.

Recombine, sift together into a bowl
1 1/4 cups once-sifted pastry flour
or 1 1/2 cups once-sifted all-purpose flour
2 1/2 teaspoons Magic Baking Powder
1/2 teaspoon salt
2 tablespoons granulated sugar
Cut in finely
2 tablespoons chilled shortening
Mix in
1/2 teaspoon grated orange rind

Guard against failures . . . use dependable MAGIC Baking Powder. MAGIC protects all your ingredients, gives you light, tender baked goods. Buy MAGIC today!

Roll a well in dry ingredients and add
1/2 cup milk
and mix lightly with a fork, adding more milk, if necessary, to make a drop dough. Drop by large spoonful over cherries. Cover and simmer 15 minutes, without lifting lid. Serve immediately. Yield: 4 or 5 servings.

from Contented Cooks