

The New Minister Of The Old Kirk Sees Alderlea

"This is like a night in a fairy-tale, so different and pretty" Granddaughter said stopping a moment beside her window, lights out, to regard the surroundings outside before coming then to her pillow. "Only there was a smile in her voice. 'I don't believe there is snow in fairy-book land! Except of course' she chuckled 'where Santa Claus lives.'"

"Yes, Ellen, it is" James called from the back verandah. "But he added 'he being the most practical man in the world...'"

"Until tomorrow... Diary - Goodnight..."

SHERBROOKE W.I.

Mrs. Robert Milligan was hostess to the Sherbrooke W.I. which met on Feb. 7, with 14 members and 2 visitors present.

Plans were made for a Pot Luck supper, to be held at a later date at the home of Mrs. Prowse Chapelle.

Group socials have been held at the different homes to raise funds for the institute. Collection \$1.45 meeting closed by singing the "Queen" lunched by Mrs. Herman Paupit and Mrs. James Harris.

TRINITY C.G.I.T. The regular weekly meeting of Trinity C.G.I.T. was held at the home of the president, Margaret Parker.

It was decided that the sleigh ride which was planned previously would be held as soon as possible.

A short worship service was led by Kathryn MacLeod and Myrna Caswell. A brief recreation period was held, consisting of a quiz.

GLEN VALLEY W.I. The February meeting of the Glen Valley W.I. met at the home of Mrs. Cyril Martin.

There were 4 visitors present. Meeting opened with the ode, followed by the creed in unison.

Correspondence was read and discussed. Committees gave their reports. Mrs. Norman Macdonald, School Miss Audrey Cameron, Program, Mrs. Roy Frizzle and Mrs. John Nicholson.

It was decided to buy a gift for a family who lost their home by fire, also to have a Valentine party at the home of Mrs. Sterling.

LET'S EAT There Are Sound Reasons For Serving A Salad First

By IDA BAILEY ALLEN The Chef and I were enjoying a pot of tea and going over the notes we had made on our tour of the West Coast.

"Have you ever noticed, Chef," I remarked, "that the familiar nutritionist's wheel illustrating the diet recommended by the National Food Research Council features vegetables and fruits in three out of the seven sections?"

"This proven diet for good health advocates the daily use of green and yellow vegetables; one or more servings of citrus fruit, tomatoes and raw cabbage; two or more servings of potatoes; and other vegetables and fruits."

"Does the average person eat this daily quantity of protective foods, Madam?" he asked. "Surveys show they do not. Yet they are available everywhere, quick and easy to prepare, and there's always a choice in the markets to fit any food budget."

"If people eat enough properly prepared fresh fruits and vegetables, in combination with sufficient protein, slightly restricted fats and sugar, and the right quota of enrichers or whole wheat bread—in other words, a balanced diet—they would undoubtedly be healthier, happier and handsomer!"

"Here in California, a tossed salad is usually served first at dinner, I believe. This is a good spot for families everywhere to up the daily quantities of green and leafy vegetables. When a tossed salad is served first, it is eaten, not left on the plate. It also prevents over-eating of rich foods—and help to reduce as well as other persons."

"From now on, let's plan to serve a salad first in our menus. And for dessert, to fit everyone's needs, we can give a choice of a prepared dessert, cake, pie or fresh fruit. There are always good buys in the market."

MORNING SMILE A little boy said to his father: Boy—Papa, will you please explain the difference between capital and labor? Father—If you lend money, it's capital; and when you try to get it back, it's labor.

COOK'S CORNER ORANGE PUDDING 2 cups milk 1/4 cup white sugar 2 eggs 2 tablespoons corn starch 2 oranges Heat milk and sugar in double boiler, add corn starch dissolved in 1 tablespoon cold milk Cook until thick. Add egg yolks. Remove from heat. Dice oranges in pyrex bowl. Sprinkle with sugar and pour custard over; make meringue of egg whites and a little sugar. Spread over top and brown in oven.

Prince-Princess Exchange Wedding Vows In Cannes

CANNES, France (AP) — Princess Marie-Louise of Bulgaria and Prince Karl Vladimirovich of Leiningen exchanged wedding vows in the Russian Orthodox Church here Wednesday before seven ex-kings and queens and some 60 titled persons.

After exchanging wedding rings, the 27-year-old bridegroom, descendant of the 11th century counts of Saarbruecken, and the 25-year-old red-haired princess drank three times from the same goblet. Then they kissed holy images presented by Archbishop Nicolas Soboleff.

Present were ex-queen Ioanna of Bulgaria, the mother of the bride, and ex-king Humbert of Italy. Queen Ioanna's brother, T. H. the bride's father, who ruled Bulgaria as Boris III, died in 1943.

Princess Marie-Louise' brother, Simeon, who succeeded his father and had reigned from 1943 to 1946, was also present as well as ex-king Peter and ex-queen Alexandra of Yugoslavia, ex-queen Germaine of Albania and ex-king Farouk of Egypt.

ALBERTON C.W.L. The February meeting of Alberton sub-division of the C.W.L. was held at the home of Mrs. Albert Noonan with twenty-two members present.

Mrs. Edlow Albert will be on the Sick Committee. The meeting closed with prayer by the Rev. Chaplain. Refreshments were served by Mrs. Noonan assisted by Mrs. Arthur Barnard and Mrs. Joseph Arsenault.

HOUSEHOLD HINT Unwrap meat and store it in the refrigerator as soon as you bring it home. Quick-frozen meats should be solidly frozen until time to use, then thaw and cook, or cook unthawed, according to directions.

Roll call is to be answered with an Irish quip. Meeting closed with the Queen, after which an auction sale was held, lunch was served by the hostess assisted by Edna Martin, and Mrs. Arthur MacLean and a social hour was enjoyed by all.

Eases Baby's teething troubles by keeping him regular As thousands and thousands of mothers have discovered, Baby's Own Tablets can go a long way toward keeping baby regular during teething.

ADD 2 c. heated tomato juice and 1 c. boiling water. Cover; bake 1 hr. in a moderate oven, 350 degrees F. Trick of the Chef: Combine sliced oranges with cooked prunes, and chill.

NEW BABY'S OWN COUGH SYRUP... relief, Pleasant, Won't upset digestion.

QUEEN STREET MEAT MARKET WE DELIVER ORDER EARLY FOR BETTER SERVICE DIAL 7336 DIAL 7337

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Questionnaire on Drop-Out in School was read, it was decided to discuss it at our next Home and School meeting. A booklet "Your Sick Room Companion" written by Florence L. Rose was passed around and the Secretary was instructed to send her \$1.00 for this copy and at a later date we may order some extras. Thanks were expressed by some members for boxes sent at Christmas to service Men.

A Valentine Contest, put on by Mrs. Lloyd Furness, was won by Mrs. Wilfred Furness and Mrs. Joseph Sullivan. A most delicious lunch was served by Mrs. Sullivan, assisted by her daughters, Doreen and Marie.

MAY TAKE ON 4TH WINNIPEG (CP)—The Canadian Red Cross Society now operating three refugee camps in Hungarians in Austria and has been asked to take a fourth one of the largest in the country, Dr. W. S. Stanbury, its president said Tuesday.

THESE FOOD PRICES ARE LOW! AVON—48 OZ. APPLE JUICE 31c YORK—20 OZ. PEARS 2 for 41c YARDS—20 OZ. PRUNES 2 for 39c HEINZ VEGETABLE & TOMATO SOUP 3 for 39c HEINZ CREAM TOMATO 3 for 29c GARDEN CITY BUTTER 2 lbs. for \$1.25 SUPER SUDS 2 for 66c FAB pkg. 36c VEL pkg. 36c COLGATE SOAP 4 for 29c LIFEBOUY SOAP 3 for 26c OPEN EVERY EVENING — MAGAZINES WEYMOUTH ST. GROCERY DIAL 4028

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SUN FASHION Here is a fetching new sun fash fabric is proof against wrinkles for chic comfort on the beach or for cabana wear during the day in warm climates.

It is a one-piece leotard play suit in gay stripe cotton knit. White ribbing forms the narrow straps and outlines the scooped lines and elastic in the legs of the briefs insure perfect fit. The C ecks in olden times employed public criers to announce goods for sale.

CONFIDENTIALLY YOURS —by Byrre Hope Sanders

MONTREAL, Feb. 21—Be good to yourself! Take time out occasionally from the turmoil of the day's business. Enjoy a cup of refreshing INSTANT CHASE & SANBORN COFFEE and relax for a few moments. I've found that the most charming, and the most talented people are usually those who enjoy the good things of life—So let's have a cup—now! See the rich coffee color that means real coffee flavor—a flavor which Chase & Sanborn Coffee experts have perfected. The result is an Instant Coffee with all the full-bodied richness of 100% real coffee. It's truly delicious.

Lucky Baby! ... Today a baby can have exactly the right type of formula because of FARMER'S WIFE Formula Milk. It means so much to a baby's well-being, as your doctor will tell you. Ask him which is the right type for your baby—perhaps Partly Skimmed Milk (Blue Label), created originally at the request of pediatricians for a high-protein, low-fat concentrated formula. Or Farmer's Wife Whole Milk (Red Label), or Skimmed Milk (Yellow Label) all with Vitamin D increased and vacuum packed in the most modern type of milk container.

I Love Cooking ... and can honestly claim to be a good cook. That's why I feel justified in telling you, with enthusiasm, how completely delicious you'll find LIPTON SOUPS ... especially the LIPTON'S GREEN PEA SOUP. And it's so simple. You just add the contents of the Lipton package to cold water, bring to a boil, let simmer for a few minutes and serve. Mmmm, that velvety-smooth puree of peas with spicy, "smoky" flavor really hits the spot. Try it soon! Right now you can get with an empty package from any Lipton Soup—a 4-piece Thermomixer and Baster set which usually costs \$3.00—for only \$1.00! Check at your food store as often as you like.

There's No Mystery ... about soft, silky hair. It just requires the cure, every-day care of Camille's ITALIAN BALM—rubbed rickly into your strands after every exposure to wind, ork, weather. Only take a moment when you use the handy household size, with the new dispenser ... for a quick thumb-pressure release just the right amount to be absorbed quickly into your skin. Both for only 50c. It's important that the children learn this hand-care, too, for chapped hands can be really painful. Hope you will take my advice—and get Italian Balm today!

A Flash Of Color ... a whir of wings ... a cheery chirrup, and our Budgie, Sir Isaac, is on my shoulder nibbling affectionately at my cheek. He loves his little perch with a mirror hung in front and two bells to ring ... and he loves his "Basic Five"—by Brock's, of course—the five elements in Brock's Natural Feeding Diet ... specially his BROCK'S BUDGIE TREAT! Keeps Budgies in tip-top health!

The Nicest People ... you know deserve this attractive salad. So for family or friends get DAVIS GELATINE and serve it today. Davis Gelatine has 6 instead of the usual 4 packages in every box—is a low-calorie, economical food product. I always use it.

Ginger Ale Fruit Salad 1 envelope Davis Gelatine 1/2 cup lemon juice 1 cup hot water 1/4 cup sugar 1 cup ginger ale Dissolve gelatine in hot water. Add sugar, lemon juice, sugar and stir well. When mixture is nearly set fold in fruits ... such as peaches, cherries, grapes, oranges or cooked pineapple. Or use celery, pineapple, or walnuts instead. Serve in a very happy people will enjoy every particle of it!

Making Someone Very Happy ... that's the essence of Christmas giving. But how happy are you when the bills for the gifts you give start rolling in? Well, you don't have to look too far for the reason. It just requires a little planning—planning ahead, I mean. Why not do as John and I did last year. Start a Yuletide Savings Account at your BANK OF MONTREAL branch! Keep it apart from any other account and add to it each week or month, whichever suits you. By saving regularly at "My Bank" Christmas shopping next December will be all the fun and happiness it should be for you and your friends.

Mother Love ... Shows itself in many ways. Some of it poetic and sentimental ... and some of it very practical. As for instance, serving RED RIVER CEREAL for cheery, nourishing breakfasts. The flavor's so delicate and pleasant, with a blending of three fine grains. Red River is so nourishing, too. Cooks in a few minutes, and costs only two cents a serving. The best of Red River, though, is that it is ideal for every type of Canadian—providing energy needs for heavy workers; guiding regulars for sedentary workers; and older people. And wonderful for youngsters!

This Fashion Information Is Directly From Paris

Here is an on-the-spot report direct from Paris to you by Florene Kyler, Chemstrand Fashion Coordinator.

It's a "travelogue of fashion" in Paris this season as couturiers express the influence of international events in terms of dress. There's decided Chinese influence in Dior's long slim gowns, slashes at the sides to reveal a shorter underskirt — from darkest Africa he's found Sahara-type bush jackets — from Brittany come his pea jackets — from New England his sou'wester hats. "Not a look, not a line, but a shape with a Japanese background," says Castillo of his collection for Lanvin. There are Dutch Boy skirts at Heim — Viennese dresses in the Merry Widow manner at Griffe and Patou — Sari dresses, revealing a Far East influence at Balmain — Zouave pantaloons for country dining at de Ranch — Harem skirts from Turkey and Indian Sari embroideries throughout Paris.

At long last, Paris says "a meadow may I've her choice" — now she is left free, in an era of clothes that are utterly feminine — yet supple and completely wearable, to select a line most suited to her own figure and age group — her own way of life — or for a specific occasion. It will be far easier for all women to look smart this season as the "souplesse" (supple) line has been endorsed by every couturier — a line that is free and easy and nowhere constricting the figure.

There is choice even in the wondrous question of hemlines. Skirts were rather terrifyingly short at Patou (roughly 16" from the ground), whereas Castillo showed most of his day dresses at a flattering mid-calf length. Christian Dior continues to point a tal-

ented and prophetic finger downward with the continuation of his sophisticated "demi-longueur" skirts; yet he also shows for the first time — short, full skirts and suggest that "lengths may vary according to the time and the style of the outfit." The longer skirt is definitely in the air for Fall, but this season the fashionable woman may choose the length she prefers.

Chiffon leads the fabric fashion parade this season — it has been dotted and checked and colorful printed with a bountiful garden of flowers ... it has been superbly tailored into daytime suits and dresses and deftly fashioned into elegant two-piece cocktail suits (often the fabric is used in double thickness). Chiffon has been beautifully draped into slender trailing floor-length sheaths ... extravagantly used in billowing party frocks. There are also chiffon hats, blouses, galore and even chiffon coats! The chiffons of this season are sometimes flat — sometimes crinkled — sometimes in natural fibers, and sometimes in man-made they are however, at their luxurious, full — bonded best when they are a combination of natural and man-made fibers such as Acrylic and silk, silk and nylon, etc.

All fabrics this season are gentler in texture, young in design and beguiling in color — they are soft and supple, yet — because of the artful blending of natural and man-made fibers — they are rich and full bodied as well and they have been fashioned will last.

Basket or canvas weaves are important in the supple fabric picture — crepes have been strongly revived at the insistence of the Couture — stubbed rustic weaves are shown in a variety of mixtures and weights. In this latter group is a truly wondrous silk and Acrylic mousseline, created by continental fabric designer Miki Sekers and fashioned into trend-setting models by Balmain, Chanel, Deses, Patou and Claude Riviere in Paris ... also by two leading Italian couturiers — Simonetta and Fabiani.

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