ENGAGEMENT ANNOUNCED

ELSIE LOUISE WOODSIDE

KEIR LEIGH ADAMS

Mr. a Mrs. Elton C. Woodside, Clinton, wish to announce the engagement of their youngest daughter, Elsie Louise, to Keir Leigh, son of Mr. and Mrs. Arthur H. Adams, Conway. Marriage to take place July 20th at St. Paul's Anglican Church, Charlottetown

LET'S EAT

While Ripening, Fruits Can Be "Living Painting"

By IDA BAILEY ALLEN

"A beautiful fruit arrangement! Mes compliments, Madame!" exclaimed the Chef

He paused to feast his eyes on a boat-shaped basket on a chest of drawers in the test-kitchen.

"The pineapple standing in the centre is most effective" said the Chef. "On one side, an avocado; on the other, three large lemons. I find all the fruits are a little underripe. That's very clever, Madame, to transform them into a living painting to delight the eye while they ripen at room temperature to delight the appetite."

LUNCHEON COURSE

"The pineapple and avocado will ripen at the same time, Chef," I replied, "so I'm planning to combine dices of both with a little lemon juice and honey, to use as a first course at luncheon."

"That's a real gourmet combination, Madame. It would also be delicieux if put together with lemon French dressing to accompany a perfectly arranged platter of cold ham and cold chicken at a luncheon party."

Pineapple au Naturel: Dissect a medium-sized, unpeeled pineapple, separating the wedge-shaped sections around each pineapple "eye" with a fork. Arrange around mounds of powdered sugar on individual plates. Garnish with a small green leaf.

To eat, use the fingers. Dip the fruit into the sugar.

Pineapple Cocktail: Remove the "eyes" with pineapple scissors or a sharp knife. Then firmly grasp the crown top green leaves). Shred down the pineapple pulp with a fork, leaving the core and crown intact.

Stir in 1 tbsp. fresh lemon juice. Sprinkle over 3 tbsp. sugar or to taste).

Transfer to a glass jar. Cover. Refrigerate 1 to several hrs. before serving.

If the pineapple is not naturally juicy, add a little water with the sugar.

TOMORROW'S DINNER

Hot or Jellied Bouillon
Grilled Smoked Ham
with Mustard Sauce
Escalloped Potatoes
New Beets
Half-Frozen and
Fruited-Pineapple
Hot or Iced Coffee or Tea
Milk

Half-Frozen Fruited-Pineapple: Cut off the crown of the pineapple. Pare away the base so it will set even. Then, with a knife and strong spoon, scoop out the pineapple pulp. Cut it from the core.

To this pulp, add 1 pt. halved sections oranges, 1 sliced large banana, 1 c. halved strawberries and 3 tbsp. honey or sugar.

Trasnfer to the ice cube tray of the refrigerator, or to a glass freezer jar. Cover. Freeze 1 hr. Stir once.

Serve aas an appetizer in sherbet glasses. Or heap in the pineapple shell and present as a dessert. Garnish the base with a few small pineapple leaves.

TRICK OF THE CHEF

Slice cooked new beets and add a little crushed cardamon seed with the seasonings.

Woman Heard By The Lords

LONDON (Reuters) — The House of Lords is one of those places where women may be seen but not heard.

The august body was jolted Wednesday when a woman uttered one phrase.

Dr. Esther Rickards, 64, said: "One thousand."

The remark was prompted by a question put to her by her companion, Lord Cohen. He had been quoting death rate figures and was asked by another member if the rate should be per 1,000 live births or 10,000.

"I have to refer to my statistician," said Cohen.

Dr. Rickards then answered, "One thousand."

"Order, order," cried horrified peers.

Lord Gorell said he had never heard anything like it in his 40 years in the house. Cohen apologized.

Instead of replying verbally, Dr. Rickards should have written out her answer.

DENY INVESTIGATION

LONDON (AP) — The British government Wednesday formally denied a press report that intelligence experts are investigating a suspected leakage of naval atomic secrets to a foreign spy. The News Chronicle said Monday "a major disclosure against national security" was being investigated in Bath. Various secret naval research establishments are located nearby.

Wife Preservers

Because the fluffy surface of a shag rug traps so much soil, it is advisable to soak it in lukewarm soap or detergent suds before laundering. Then wash it in clean suds in the washer.

WE AND OUR NEIGHBORS

The Women's Institute Convention And All That

Ruhamah S. Frank

I. Dramatic Sketch — Where's Mom?

Place — Any Rural kitchen

Time — Present.

Characters — Dad, Sis, Junior.

— As scene opens, Sis is hurrying from stove to table in last minute preparations for lunch.

Dad enters from fence-painting, washes hands at sink, sits down at table, gives quick look around.

Dad: Where's your mother? (Junior rushes in, leaps into his chair, looks around —)

Junior: Hey, where's Mom?

(Sis gives a superior smile as she brings the hot potatoes to the table —)

Sis: Now isn't that just like men! Mom and I have been cooking and baking like mad for days so you won't starve while she's gone —

(Dad grins and takes a healthy portion of the roast beef —)

Dad: Gone? Gone where? Seems to me I did hear your mother mention an institute convention. So that's where she is! Not a bad idea as far as I can see.Gives the women a chance to catch up on the latest styles, meet their friends do some shopping, maybe take in a show —

Sis: Oh Dad, the way you talk. Mom always comes back with lots of new ideas about what people are doing here and in other places — and she has such a good time.

Junior: And does Mom enjoy telling the other women about everything she learned! I listened in last year when the meeting was at Rusty's home.

Dad: I was just having my little joke. The Women's Institutes are responsible for a lot of improvements in this section. The community center does them credit. They keep an eye on whats going on in the schools,too.

Sis: Those maps and charts they bought for the school really helped.

Junior: I wish they'd have those hot lunches this winter again. (Suddenly Junior bursts out laughing) Sis, do you remember when mom had Mrs. Hopper stay with us when she went to the convention? The pantry was filled with cookies and pies and cakes and we stuffed all day and Mrs. Hopper would say, 'Children, children, you'll get sick' but we kept right on eating!

Sis: (laughing removes the cake plate from Junior) Well you're too old to keep onstuffing now — you've had three slices already — and I'm not Mrs. Hopper.

Dad (gets up from table and pats Sis on the shoulder) Good girl. Your mother needn't worry any more. You're taking care of both of her men pretty well. Now back to work, Junior

Exit the men — Sis sings while she clears up.

PART II

The Hand that Rocks the Cradle.

I just received a letter from an Island friend, a gallant gentleman. He writes, "Women can make or unmake men — men owe most of theirmother s who mold the earliest years of their lives — I am firm believer in the old adage —, 'The Hand that rocks the cradle rules the world —". If this is so, Women's is the Glory — but oh, the terrific responsibility.

MINISTER RESIGNS POST

MONTREAL (CP) — Resignation from Montreal city council of Postmaster-General Hamilton was announced Wednesday by city clerk C. E. Longpre. Mr. Hamilton, appointed to the new Progressive Conservative cabinet, conformed with city regulations, which stipulate that a member of another government cannot be a member of city council.

Soviet Fashions Are Adaptable

LONDON (Reuters) — Communist fashion designers put in a political stitch or two during a recent Moscow fashion show.

The Soviet News agency Tass, reported Tuesday that the designers discussed the "manufacture of ready-made garments in a socialist society from the point of view of the interests of the working people."

The designers, attending the eighth international fashion congress, also dealt with the "scientific basis of artistic designing."

Nna Okuneva, chief designer of the Moscow central model house, said after the end of the congress that Soviet designers are not isolated from the Western world and are not indifferent to international fashion trends.

She said some of the Soviet models showed Eastern motifs, as for instance a stole to go with evening dresses. One of the models, in black wool, had drapery attached at the side seam and swathed round the figure, with the loose end caught at the shoulder like an Indian sari.

BLOUSED BACKS

In working clothes, everyday dresses and house dresses much use was made of bloused backs, straight skirts and wide belts. model were outstanding for their feminine softness of line and color The Polish collection showed Iranian, Turkish and Chinese influences, with an eye to the taste of Polish women.

The East German collection was noteworthy for its attention to detail. Many dresses had several variations suitable for different occasions, as for example a tube dress with a full overskirt which could be used as a cape on a cool evening.

The Hungarian collection was striking for a predominance of muted tones of various ash shades, which would go well with flame red and leaf green.

GREAT CAVES

The Mammoth Cave in Kentucky has some caverns with ceilings 300 feet high.

KEEP IN TRIM

Too Many Overweights, Reducing Isn't Difficult

By IDA JEAN KAIN

Are you forever going on a diet, taking off 10 pounds or 20, and gradually putting them all back on again? For many overweights, reducing isn't difficult—but keeping the weight off is another matter.

One more question . . . do you recognize exactly what your dietary weaknesses are? Of course you are aware that some foods are fattening, but do you know exactly which food habits you've slipped into that are responsible for your poundage?

There is one way to find out, and if you are really serious about being normal weight, you'll give it a trial. Keep a week's account of everything eaten daily . . . breakfast, lunch, dinner, bed-time snacks and nibbles in between. This may be a real eye-opener. For example, one overweight who tried this plan reported that she had no idea she ate so much bread and butter. Another found it was the tea-time snacks that piled on pounds.

MUST BE EXACT

Of course, a dietary record is no revelation unless you jot down everything eaten. And to be fair, you'll mean to be exact in this record. But it's deceptively easy to snatch a handful of peanuts and munch them without even thinking about what you are doing. Nibbling can become almost second nature so that the nibbles aren't even thought of as food.

The blushing truth is that one group of overweights all lost five pounds each in a single week when hospitalized and given the exact amount of food they claimed they ate.

But back to the dietary record. The reason why some of you are perennial dieters is that you really do not recognize which calorie weakness is responsible for mounting pounds. Then too, you look upon a reducing diet as a temporary expedient—not as a pattern of regular eating for keeping weight normal.

KEEP WEIGHT NORMAL

Perhaps there is too much emphasis put on high quality protein and all the other protective foods as ideal for a reducing program. Of course they are. But these same protective foods will help you maintain normal weight and high vitality.

Probably you are not consciously aware that you have a set pattern of eating which determines your weight—and you won't be until you actually make a day-by-day record. At the end of a week, look at this record in the light of food habits. Which food habits are piling on your pounds?

Once you honestly face calorie facts, you'll see the folly of going on a strict diet then promptly returning to the same fattening ways of eating.

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