

LET'S EAT

## Make Use Of Fine Bacon

By Ida Bailey Allen

"In my opinion, Canadian bacon is the finest in the world," pronounced the Chef, cocking his high bonnet at a cockier angle.

"Cooked dry of fat, it is the favorite of all breakfast meats in this country. But this method of cooking makes bacon very expensive because the fat, which is about half the original weight, is cooked out and discarded."

AVERAGE BUDGET

"Obviously, Chef," I said, "the only way to justify the cost of bacon on the average budget is to utilize the bacon fat in preparing other dishes."

"I like to use it in crust for meat pies, in seasoning cooked greens, kale or cabbage, sauteing meats before broiling or browning and as a shortening when making gingerbread or spice cake."

"But the fat must be burned. Bacon must be carefully cooked to avoid scorching. This can be done in three ways:

Start bacon frying in cold frying pan; fry slowly.

Place bacon on a rack in a pan; bake at 375 deg. F.

Broil bacon electrically, keeping it 4 in. from the source of heat. Do not broil bacon in a gas-heated broiler, as it may catch fire.

TOO APPETIZING

"Bacon is too appetizing to be confined merely to breakfast, Ma-

dame. May I offer this tip? "You can economize many everyday foods to make them luxurious and appetizing."

"Use just one slice of crisp, cooked bacon to top each serving of potato pancakes, corn fritters, creamed potatoes, grilled sweet potatoes, spaghetti, or stuffed green peppers."

TOMORROW'S DINNER

Grapefruit  
Baked Shoulder Pork Chops  
with Onion

Corn Meal Corn Fritters  
Spinach Cassino  
Lemon Chiffon Pie

Coffee Tea Milk  
Corn Meal Corn Fritters: Cum  
bine 3/4 c. ready-mix pancake flour  
1/3 c. enriched yellow corn meal,  
3/4 c. drained canned corn kernels,  
1 tsp. salt and 3/4 c. milk. Stir to  
mix.

In a frying pan, heat enough  
vegetable or bacon fat to barely  
cover the bottom. Drop in the frit-  
ter batter by tablespoonfuls. Slowly  
fry until brown on one side; then  
turn to brown the other; allow 3 to  
4 min. altogether.

Serve plain as a vegetable or, if  
desired, with bacon or with maple  
syrup.

TRICK OF THE CHEF

When baking pork chops with  
onion, season with a few crushed  
cumin seeds.

MRS. GORDON MACMILLAN

## A COUNTRY GARDEN

MYSTIC EVENING

Beyond the grey moors, interspersed  
with snow  
In this late twilight of a winter  
day.

Another hill arises, set below  
Another hill, and so on, far away.  
Until the latest seems to be less  
grey.

Than radiant gold which makes the  
sky more bright:  
Where heaven and earth part com-  
pany, who can say,  
Or which is common earth and  
which is light?

At such times these poor mendic-  
ants, our souls,  
Will yearn to put divine appare-  
l on.

So very near to touching, the two  
poles.  
We might believe them in this  
glory, one...

And then the winter sunlight fades  
and yields.  
Leaving us moor and mountains  
and far fields.

Winter sunsets are so glorious,  
and we have time to see them at  
this season of the year. Such beauty  
is the gift of God. There is nothing  
that makes its way more directly  
to the soul than beauty, which im-  
mediately diffuses a secret satis-  
faction and complacency through  
the imagination.

Shakespeare writes, "The setting  
sun, and music at the close, As the  
last taste of sweets, is sweetest last."

Another poet tells us that  
There's music in all things, if men  
have ears...

Their earth is but an echo of the  
spheres. —Byron.

It is perhaps the "ghost distinction"  
of the Greeks that they recog-  
nized the indissoluble connection  
of beauty and goodness, but though  
we travel the world over to find  
beauty, we must carry it with us  
we find it not.

Consider the seasons, the joy of  
the spring, the splendour of the  
summer, the sunset colors of the  
autumn, the delicate and graceful  
barrenness of winter trees, the beauty  
of snow, the beauty of light on wa-  
ter. In the feeling for this beauty  
we should be very happy. It is in  
winter that we see the masts and  
rigging of creation. We are given  
a lesson in the fundamental beauties  
of shape and proportion. In  
summertime one never really  
knows how beautiful are the forms  
of the deciduous trees. It is only in  
winter, when they are bare of  
leaves, that one can fully enjoy  
their splendid structure and design,  
their admirable qualities of duly ap-  
portioned strength and grace.

Grey day or bright, the trees re-  
mind one of etchings with their dis-  
tinct boles and branches. Bark pat-  
terns are clear and one can see  
shining colors in the buds.

Wherever snow falls, or water  
flows, or birds fly, wherever day  
and night meet in twilight wherever  
the blue heaven is hung by clouds,  
or snow by stars, wherever there  
is danger, and awe, and love, there  
is beauty, plentiful as rain, shed  
for thee, and though thou shouldst  
walk the world over, thou shalt not  
be able to find a condition inop-  
portune or ignoble.

MENTIONED IN BIBLE  
Passages of the scriptures throw  
additional light on the history and  
uses of spices in the ancient world.  
The first mention of spices in the  
Holy Bible is found in the Book  
of Genesis, chapter thirty-seven,  
in connection with the story of  
Joseph, when they sold him to the  
travelling spice merchants for  
the sum of twenty pieces of silver.

Then when they needed another  
supply of corn from Egypt they  
carried down a present of little  
balm, and a little honey, spices,  
and myrrh, nuts, and almonds.  
This is indicative of the high value  
set on spices by the people of  
those days. Joseph had become a  
power in the land of Egypt, and  
a gift to one so highly placed  
must consist of those things which  
were agreeable and delightfully  
acceptable.

Moses was told to use sweet  
spices, cinnamon, and cassia,  
with pure frankincense for anointing  
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we read of the first Bible refer-  
ences to cinnamon and cassia.  
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Upper Egypt are said to burn  
oncha, ginger, cloves, cinnamon,  
and other substances on a small  
charcoal fire set in a hole in the  
floor to produce scented fumes in  
which they bathe their bodies.

In the book of Numbers we find  
the children of Israel dissatisfied,  
and complaining the lack of food.  
They remind Moses that, when in  
Egypt, they had eaten freely of  
fish, cucumbers, melons, leeks,  
onions, and garlic. This is another  
indication of the importance of gar-  
lic and onions in the diet of the  
ancient Egyptians.

When the queen of Sheba came  
to King Solomon she had a great  
train of camels bearing spices,  
and Solomon was a very rich man  
who had a "trekchik with the  
spice."

Indeed many of the monarchs of  
that time had a great wealth in  
silver, gold, precious stones, and  
spices. That spices were coupled  
with rare metals and precious  
stones and counted in the treas-  
ure of a king is proof of their  
great worth in ancient times.

In the beautiful passages of the  
Song of Solomon there are many  
references to spices.  
"Awake O north wind; and come  
thou south; blow upon my garden,  
that the spices thereof may flow  
out."

These Bible references empha-  
size the important place of the  
spices in the ancient world and  
the high esteem in which they  
were held; particularly is this  
true of the fragrant spice barks  
of cinnamon and cassia.

THE GARDEN ROOM  
These January days can be used  
for many tasks that were neglect-  
ed in the busy days of summer  
and autumn. In the garden room  
the "helves have been planted and  
the potted plants rearranged. The  
jivies, ferns, begonias and other  
plants requiring less sun than other  
plants have been placed in the  
windows of the home. The gerani-  
ums have been kept in the sun-  
niest spots in the garden room, also  
the fragrant stocks and blooming  
bulbs just beginning to flower.

More slips of geraniums have been  
set in sand and peat moss to root.  
Then placed on warm shelves in  
the kitchen for out door planting  
in the spring. Then cantal-ers  
must be found and cleaned and  
painted. All year the working and  
planning of a garden goes on.

More letters have been received  
asking for information on gerani-  
ums and the society, and certain-  
ly they are a favorite flower for  
our province and indeed all over  
the world.

FIRESIDE GARDENING  
January has been called the  
month of fireside gardening. Bever-  
ly Nichols in one of his garden  
books writes, "I can close my  
eyes and lie, very quietly, and en-  
joy my garden almost as keenly as  
though I were in it. Indeed the  
fantasy is in some way more  
charming than the reality?" For now  
the seasons are at my beck and  
call, "hich shall it be... Spring or  
Autumn? Shall I have a daffodil  
morning with the wind blowing  
keen through the yellow drifts, or  
shall I stand quite still on a misty  
October evening, with a haze of  
Michaelmas daisies around me."

Yes, there are many happy days  
even in this winter month. O win-  
ter ruler of the inverted year...I  
crown thee king of intimate de-  
lights; fireside enjoyment home-  
born happiness.

Reading is one of the chief en-  
joyments of this season and how  
wonderful it is to have a well-  
stocked library for all to enjoy!  
A new book called "The Story of  
Spices" is being read and I will  
share some of it with you.

STORY OF SPICES  
Spices were known for many  
many centuries in the ancient

world, and we read that the  
Babylonians grew many spices in  
their gardens. The Hanging Gar-  
dens of Babylon, which may have  
been gardens supported on arches  
as depicted on a slab now in the  
Assyrian Saloon of the British  
Museum, were most probably de-  
corative flower garden lending  
sea, but besides these, many large  
gardens existed for the production  
of sweet-smelling herbs. In fact,  
such gardens were an important  
part of Babylonian economic inter-  
ests.

Long lists of plants were com-  
piled for the use of doctors and  
magicians, and many of their sys-  
tems of medicine were derived  
from spice herbs.

In the British Museum may be  
seen the tablets from the libraries  
of these important men listing the  
names of numerous plants.

The aromatic plants were early  
employed in fumigation. It was  
natural that the sweet fragrance  
of the spices should have been as-  
sociated with purity by the  
ancients, and so for cleansing pur-  
poses, the spices found great favor  
in the eyes of the priests. In their  
way of life, the Babylonians were  
a people fond of magnifi-

cence. They consumed lots of spices  
and the spice trade was a major and  
lucrative business in Babylon. To  
her markets, the spices made their  
way by boat and caravan from the  
widely separated points of the  
merchandising of spices and spice  
products in this ancient city was  
great enough to merit mention with  
her trade in gold, silver, and pre-  
cious stones, in the eighteenth  
chapter of the Revelation of St.  
John the Divine.

Now let us turn to Egypt, the  
people of that land believed that  
the spirit returned to the body  
and embalming spices were used  
in an elaborate way. Spices were  
also used for the perfumes and  
oil oils. In the British Museum,  
there are numerous vases, bowls,  
pots, etc., which were containers  
for scented unguents and per-  
fumes from the third to the  
twenty-sixth dynasties. There is  
also a series of vases inscribed  
with the names of drugs, medicin-  
es, and unguents, which, it is  
thought, belonged to an apothecary's  
shop. They were found in a  
tomb of the sixth dynasty.

Only the spice which we sup-  
plied the delicate fragrance which  
appealed so strongly to these  
ancient people, and the high es-  
teem in which such scents were  
held is shown in the following  
words from the Song of Harper,  
composed in the reign of Antuf,  
a king of the eleventh dynasty:  
Immerse thyself in precious per-  
fumes, which are the veritable products  
of the gods.

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COAT and SLACKS  
This coat and slacks combination designed by Pierre Cardin of Paris is of blue, black and brown wool tweed. The 3/4-length coat buttons high around the neck and the long flaps give extra width to the shoulder line. (CP Photo)

making a total balance now on  
hand of \$48.20.  
It was moved and seconded that  
money be voted for flowers to de-  
corate Altars at Christmas; also  
\$5.00 towards T. B. Seals and \$5.00  
for the Precious Blood Sisters. Mrs.  
Aeneas MacDonald kindly donated  
\$1.00 towards Christmas flowers  
for altars.

It was suggested at the meeting  
that the members gather all their  
second-hand clothing not in use,  
and leave them at Mrs. Morrison's  
apartment, goods to be disposed  
off at a rummage sale at a later  
date. Altar workers for the last  
two weeks of December were:  
Mrs. Ella MacKinnon and seconded  
by Mrs. Archie Wight that Mrs.  
W. J. Fitzgerald be appointed altar  
convenor, replacing Mrs. MacKin-  
non, who plans on spending the  
winter months in the U. S. A. No  
further business on hand, meeting  
closed with prayer by Rev. Direc-  
tor. A. G.

Miss Carrie Holman, Miss Gladys  
Holman, Mrs. Harry Holman and  
her granddaughter have registered  
at the Charlottetown Hotel.

Mr. and Mrs. D. L. Miller of  
Summerside with their children,  
David and Kathy are guests of Mr.  
and Mrs. R. R. Hurst, Pleasant  
Street.

Miss Lillian Duchemin spent  
Christmas in Fredericton with her  
sister, Mrs. Roland Loughlan and  
Miss Mary Loughlan.

GEORGETOWN C. W. L.  
The regular monthly meeting of  
the Georgetown C. W. L. was held  
on Tuesday evening, December 6th.,  
with an attendance of twelve mem-  
bers. The meeting was presided  
over by the president, Mrs. Wil-  
liam Murphy and the Rev. Director  
opened the meeting with the League  
prayer. The minutes of the pre-  
vious meeting were read and ap-  
proved.

The various convenors gave their  
reports. Social Service Convenor  
Mrs. Frank MacLean, reported  
making twelve calls to the sick.  
Three Hundred Cod Liver Oil Cap-  
sules were distributed among needy  
children, and two thousand more  
were ordered, to be disposed of  
during the winter months. Mem-  
bership Convenor reported one new  
member and one renewal paid.  
Treasurer reported \$30.40, proceeds  
from the previous pantry sale.

YOUR CHILD MAY HAVE  
PIN-WORMS  
1 OUT OF 3 DOES!  
Fidgeting, nose-picking and a tormenting  
anal itch are often tell-tale signs of Pin-  
worms. Medical experts say  
infant one out of every three per-  
sons examined. Entire families  
may be victims and not know it.  
To get rid of Pin-Worms, these  
worms must not only be killed, but  
killed in the large intestine where  
they live and multiply. That's ex-  
actly what Jayne's P.W. Tablets do...  
and here's how they do it:  
First—a scientific coating car-  
ries the tablets into the bowels be-  
fore they dissolve. Then—Jayne's  
modern, medically-approved in-  
telligent goes right to work—kills  
Pin-Worms quickly and easily.  
Don't take chances with this  
dangerous, highly contagious con-  
dition. Get genuine Jayne's P.W.  
Tablets...small, easy-to-take  
tablets...special price for children  
and adults. Perfected by Dr. D.  
Jayne & Son, specialists in worm  
remedies for 140 years.

Best for  
Baby's  
Coughs  
Specially formulated for babies!  
Breaks up phlegm—eases whooping.

MARY HAWORTH'S MAIL

## Worries About Her Husband Obligated To Stop His Work

DEAR MARY HAWORTH: My  
husband has been sick and unable  
to work the past seven months. He  
is suffering from what our family  
doctor calls "nervous exhaustion  
and perhaps ailments of his age"—  
which is 44.

The nervous condition supposedly  
is caused by office tension and  
physical labors beyond his stamina.  
He was troubled with the condi-  
tion for two years or more before  
he gave up his job. All this time  
he was seeking help from doctors  
and specialists, without results. He  
couldn't even find anyone who  
would take his case "very serious-  
ly."

Of recent months he has been  
treated by our family doctor, but  
shows no improvement, and we're  
wondering where to turn next for  
aid. Or whether to continue the  
doctor's treatments another six  
months, as he recommends, or  
using injections and oral medicine.

ROAD TO RECOVERY

John is up and about the house  
and tries to take daily walks. But  
there are days when he doesn't feel  
equal to leaving the house. Any  
extra activity, such as attending a  
church social or school function,  
almost puts him to bed with fati-  
gue. Is nervous exhaustion the  
same as nervous breakdown? Am  
I justified in thinking he should  
be showing more improvement?

He is perfectly rational, but suf-  
fers from severe head tensions that  
cause great discomfort. He has had  
a spinal tap, head X-rays and other  
tests, but no improvement. He has  
been to a clinic nearby where he  
might apply for further  
examinations and diagnosis? As we  
have children and are buying our  
own salary is just enough to cover  
food and household expenses.

I can have all patience and  
sacrifice much, if only I can be  
sure we are doing everything  
known to medical science to help  
John along the road to recovery.  
May God bless and prosper your  
noble work. G. Y.

NERVOUS LABEL

DEAR G.Y.: I didn't know that  
the term "nervous exhaustion" was  
still being used as a diagnostic  
label in medical circles. (But if  
when used, it surely means the  
same thing as nervous breakdown.)

It was my impression that doc-  
tors themselves had almost entire-  
ly discarded the old-time theory  
that "nervous exhaustion" is the  
X-factor back of "stress" ailments  
that seem to have no physical basis.

The present practice in so-called  
psychosomatic medicine is to treat  
"the whole man," as the saying  
goes. That is, to recognize that  
mind, body and emotions all con-  
tribute to health (or illness). And  
to undertake diagnosis of ailments  
with the understanding that a man's  
habitual mode of thinking or feel-  
ing (consciously or unconsciously)  
may make him sick and reduce

him to a condition of "malfunc-  
tioning" -- or invalidism -- even  
though his physical system is still  
okay.

TWO SPECIALTIES  
This is the new psychiatric arm  
of medicine. And it is doing a world  
of good, in helping emotionally sick  
persons purge their emotional con-  
stitution of needless hates and fear  
and frustrations that are "wearing  
them down." This therapeutic re-  
lief gives them a chance to develop  
normal health and strength and  
zeal for living.

So your husband owes it to him-  
self to get the benefits of psychi-  
atric review of his symptoms. In  
your community there are several  
mental hygiene and outpatient  
clinics, operated as a public ser-  
vice, under county auspices. To  
find them, consult your pastor or  
your telephone directory -- or ask  
the librarian of your local news-  
paper.

Finally, I suggest that Dr. E.M.  
Abrahamson's and A. W. Pezet's  
book "Body, Mind and Sugar"  
(Henry Holt publishers) might shed  
light on your husband's condition.  
The authors are discussing the  
cause and cure of hyper-insulinism  
-- better described as "blood sugar  
starvation." Common symptoms  
are (see page 62): "Weakness,  
fatigue, anxiety and nervousness;  
crying spells, a feeling of tremu-  
lousness; incoordination of fine  
movements; mental disturbances  
such as confusion, disorientation,"  
M.H. nap.

KEEP IN TRIM

## For Beautiful Results Do Exercises, And Diet

By Ida Jean Kala

The most beautiful way to lose  
fat is to stop overeating and start  
simple but regular exercise. So  
many dieters make the mistake of  
starving themselves thin, instead of  
eating protectively and shaping up  
with exercise.

To look and feel like your young-  
self, full of bounce and vigor, here's  
the plan... Don't dwell on "diet"  
-- eat for healthy normal weight  
and a vibrant personality! Cut out  
second helpings, trim away visible  
fats, leave off the rich desserts  
and choose fruit instead. Have an  
energy lift in the late afternoon,  
but skip the evening nibbling. Take  
six minutes of toning exercises  
and a daily walk of a couple of  
miles, and you will feel dynam-  
ically alive and slim down bulging  
inches.

An overweight who had dieted  
off 90 pounds at one period in her  
life, and then slowly but insidiously  
regained them, decided to try a  
new system. She reduced by inches  
instead of by pounds, and used the  
tape measure as her "scale." She  
didn't talk diet, but changed her  
food habits and stopped overeat-  
ing. Her story is refreshingly dif-  
ferent.

"I have reduced waist, but  
abdomen and hips a total of 10  
inches in 2 1/2 months. Inspired by

your column, instead of "dieting,"  
I have changed my food habits,  
and added stretching-bend-... exer-  
cises... not grimly with clenched  
teeth, but joyfully. I always stop  
before I feel tired.

"At mealtimes, I serve my por-  
tion in small pretty dishes that can-  
not be heaped. No seconds. At  
four, I enjoy a 1/2 cup of buttermilk,  
which I sip slowly. I have dis-  
covered the added pleasure of eat-  
ing slowly. I am now a more re-  
laxed, happier person... and slimmer."

Bravo! Your reducing plan will  
have lasting rewards, for well-  
toned muscles rebuff fat and, with  
your new food habits, keeping slim  
is a natural.

It's a wise dieter who tones up  
while reducing. The extra bonus  
is shapeliness and a wonderful feel-  
ing of fitness. Follow nature's cir-  
culation rouser and s-t-r-e-t-c-h.

Position: Lying on back on floor,  
arms down at sides, legs straight  
down.

Movement: Touch right toes to  
floor at left side of body as you  
s-t-r-e-t-c-h right arm back on floor  
overhead... p-u-l-l. Hold the  
stretch for six seconds. Relax slowly,  
touch left toes to floor at right  
side and again stretch and hold. Con-  
tinue for ten counts, alternating  
sides.

Tone up, slim down, feel alive!

COOK'S CORNER



LOW CALORIE DRESSING  
3/4 cup orange juice  
2 tsp. lemon juice  
2 tsp. sugar  
1 tsp. salt  
1/4 tsp. paprika  
1 tsp. salad oil  
Combine orange, lemon, sugar  
and salt, paprika and oil. Shake  
thoroughly blended.

MORNING SMILE  
Teacher (paying a visit) -- Are  
you father and mother in, Morton?  
Morton -- They was in, but they is  
out.  
Teacher -- Why, Morton! "They  
was in!" "They is out!" Where's  
your grammar?  
Morton -- She's upstairs taking her  
M.H. nap.

## NOW! For you...a slim, new figure

...undreamed of comfort

...a new low price!



Cooler! Split-resistant! Easy-on-and-off!  
NEW PLAYTEX LIGHT WEIGHT GIRDLE

Imagine a girdle that only weighs ounces of "open-pore" Fabrics  
... the new Playtex combination of absorbent, downy-soft cotton  
and smooth latex. Gives you more freedom with control ...

plus coolness! Moves, gives, breathes with your body. Mary a bonus  
stitch or seam anywhere. Washes and dries in minutes.

Petal pink ... in Extra Small, Small, Medium, Large, Extra Large.  
\*Reg. Trade Mark  
Only 4.95

Known everywhere as the girdle in the SLIM tube  
Styled in New York and Made in Canada by Playtex Ltd., PLAYTEX PARK, 111, Appleton, Ontario.

## New Cars Show Women's Influence

OSHAWA--How much of the  
trend to more and more power  
accessories in the new cars can  
be traced to the influence of  
women? Well, it's not possible to  
pin it down. General Motors' chief  
engineer, E. F. Armstrong says, be-  
cause car designers are always  
developing new ways of making  
cars perform more efficiently. But  
beyond any doubt the soaring num-  
ber of women drivers and their  
growing influence in choosing the  
family car has added impetus to  
the search for improvements that  
take the effort out of driving.

Such things as power steering,  
power brakes, and power window  
lifts -- in short, the whole list of  
modern developments including  
greatly improved automatic trans-  
missions for 1956 -- were certainly  
engineered with women in mind  
Mr. E. F. Armstrong says. And  
they've taken away any advantages  
men may ever have had as drivers,  
too, he points out. A hundred  
pound girl can now stop a car as  
quickly, or turn it as fast, as any  
heavyweight. It's finally a woman  
driver's world as much as a man's.

## Words Of The Wise

There is much in the world to  
make us afraid. There is much  
more in our faith to make us un-  
afraid. —(Frederick W. Cropp)