

## LET'S EAT

### Hawaiian Recipes For Baked Goodies

By IDA BAILEY ALLEN

"At the Waioli Tea Room in Honolulu, run by the Salvation Army, a fine whole loaf bread is a specialty I enjoy on my visit to the islands. Your readers might like to feature such a loaf at their buffet dinners.

"So, on a chance, I brought along directions for making the popular herbed-tomato bread."

As she spoke, our visitor, distinguished Home Economics Educator Joan Rock, rummaged in her smart to-go bag and came up with the recipe.

popular, too, moist and almost as rich as a fruit cake. Here's the recipe for that, also."

#### BUFFET DINNER A LA WAIOLI

- Pineapple Juice
- Celery Saladettes
- Avocado Dressing
- Fried Chicken
- Herb Tomato Bread
- Buttered Carrots, Beets,
- String Bean Platter
- Prune Cake Squares

Coffee Tea Milk

**Herb Tomato Bread:** Into a 3 qt. mixing bowl, put 1/2 can condensed tomato soup, 2 lbs. vegetable salad oil, 1 tsp. salt.

#### Prepared by Students

"The Waioli restaurant serves excellent food, all prepared by classes of girls from all walks of life who are studying domestic science under the guidance of Ann Leak. And Ann insists that everything Waioli serves be dainty and tasty.

"A special prune cake is very

Soften 1 pkg. fresh or dry quick-acting granular yeast in 1/2 c. tepid water. Add 1/2 tsp. each marjoram and rosemary. Mix in 1 c. unsifted whole wheat flour, and 2 c. sifted enriched flour. Knead on a floured board or pastry cloth until smooth and elastic.

Turn into an oiled 9 1/2" x 5 1/2" loaf pan, making it higher at the sides. Brush with melted butter. Cover; let rise at room temperature until the pan is rounding full.

Bake 50-55 min. in a moderately hot oven, 375 degrees F., or until the loaf is well-browned and sounds hollow when the crust is tapped. Remove from the pan to a wire rack to cool.

**Prune Cake Squares:** Stir 1/4 c. butter or margarine until softened. Gradually work in 1 c. sugar and 2 slightly beaten eggs. Sift together 1 1/2 c. already-sifted enriched flour, 1/2 tsp. baking powder, 1/2 tsp. salt, 1 tsp. baking soda, 1 tsp. ground cinnamon, and 1/2 tsp. each allspice and nutmeg. Add alternately with 1/2 c. soured milk or butter-milk to the first mixture. Stir in 1 c. chopped, pitted, cooked, drained prunes.

Rub a 7" x 11" biscuit pan with unsalted fat; dust with flour. Spoon in the cake batter. Bake 45 min. in a moderate oven, 350 degrees F., until brown, and a toothpick inserted in the center comes out clean.

When cool, sift over confectioner's sugar, or cover with butter cream icing.

#### Morning Smile

The Pastor of a little church was noted for the fact that every one of his sermons lasted exactly twenty-two minutes. Then one unfortunate Sunday the sermon lasted forty-five minutes.

At dinner, his wife asked him what had gone amiss.

"It was one of those things," said the pastor, moodily. "My secret device was to slide a cough drop under my tongue just before giving the sermon. It dissolved in exactly twenty-two minutes. Then I knew it was time to stop. This morning I was talking for over forty minutes before I realized that my cough drop was a trouser button."

#### BOTTLE-FED BABIES

If your baby is bottle-fed, be sure to watch little bowels closely. Mother's milk is a natural laxative which helps take care of baby's need. Lacking this, a bottle-fed baby often gets fretty, feverish and suffers constipation and upset stomach.

Let Baby's Own Tablets help you keep baby's bowels on schedule—sweeten upset stomach. Used with confidence by mothers for more than fifty years. No "sleepy" stuff—no dulling effect. Really good for simple colic, constipation, restlessness and fretfulness resulting from irregularity of bowels. Other minor ailments. Get Baby's Own Tablets today at your druggist.

#### Wife Preservers

A shadow-free light is needed over any stairway. A ceiling fixture in a lower hall should be shielded or placed so light does not shine directly in the eyes of a person ascending the stairs.

#### Siamese Twins

Ronnie and Donnie Galyon, Siamese twins of Dayton, O., dress up in their new cowboy outfits as they celebrate their third birthday. Doctors declare surgery will mean death for one of the boys, whose parents, Mr. and Mrs. Wesley Galyon, say they never will have them separated. The youngsters are walking now and they take turns going backward.

#### 0-0-0 SWEETIE!

GO OUT TONIGHT? IS LOVE TO!

Just wait till you see what Dr. Williams' Pink Pills did for me! All these months I felt too tired, worn out and weak (due to lean hungry blood) to go out after evening all day. What a difference now! I'm full of pep and energy. Now I feel strong and changed my poor, pale blood into rich, red, happy blood—this is what's so exciting—thanks to Dr. Williams' Pink Pills! At all drug counters.

## Bridal Party At West Covehead



Pictured above are the principals in the Watts-MacDonald wedding group. From left to right they are: Mr. Walter Auld, usher; Mr. Reuben Watts, best man; Mr. and Mrs. Leith Watts, groom and bride; Mrs. Reuben Watts, matron of honor; Miss Lavinia MacDonald, bridesmaid; Mr. Ernest Drak, usher; Miss Brenda MacLaren, flower girl.

West Covehead was the scene of an autumn wedding on Saturday, October 9, when Rev. Norman R. Green united in marriage Gertrude Olive, daughter of Mr. and Mrs. David MacDonald, Union Road, and Leith Herbert, son of Mr. and Mrs. John F. Watts, Grand Tracade.

The church was decorated with gladioli and potted plants. Satin bows adorned with nosegays of flowers in pastel shades marked the guest seats. Mrs. Chelsey Hughes was the organist and previous to the ceremony rendered organ solos. During the signing of the register, the soloist, Mr. Lowell Wyand, sang "O Perfect Love."

The bride, who was given in marriage by her uncle, Mr. Claude Craswell, wore a gown of nylon net over satin, with fitted bodice and lace bolero with long pointed sleeves trimmed with pearls. Her

elbow-length veil was caught in place by a tiara. She carried a bouquet of Better Time roses.

The bride was attended by Mrs. Reuben Watts, as matron of honor, who wore a floor-length gown of pink net over taffeta with matching headdress and mits. She carried a nosegay of pink mums.

Miss Lavinia MacDonald, sister of the bride, was bridesmaid and wore a floor-length gown of mauve net over taffeta with matching headdress and mits. She carried a nosegay of yellow mums.

Miss Brenda MacLaren, niece of the groom, was flower girl. She was attired in a gown of pale green taffeta and carried a nosegay of mixed flowers.

Mr. Reuben Watts, brother of the groom, was best man. Mr. Walter Auld, cousin of the bride, and Mr. Ernest Drake, brother-in-law of the groom, were the ushers for the oc-

casional.

The bride's mother was attired in a dress of orchid pink taffeta with navy accessories and wore a corsage of Talisman roses. The groom's mother was attired in a dress of light blue crepe with matching hat and wore a corsage of Pink Delight roses.

Following the ceremony a reception was held at the Queen Hotel. The tables were decorated with baskets of gladioli and cut flowers.

The bride and groom were on a honeymoon trip through the Maritime Provinces.

## MARY HAWORTH'S MAIL

### Worries Over Son & European Girlfriend

DEAR MARY HAWORTH: I once thought I knew all the answers; now I am not so sure. Two months ago my son Bud, 23, came home from Europe and, needless to say, we were very happy about his safe return.

But yesterday he received a letter from his European girl friend, which mentions that she has a child now eight months old—Bud's child. In sharing the letter with us, he practically admitted his paternity, although it seems he hadn't discussed her situation with anyone.

The girl is asking financial help with the child (she hasn't mentioned marriage, yet). She writes that she loves Bud, always has and always will. I have seen her picture and she looks very kind and sweet—and, in his way, Bud may care for her as much as for anyone. But he is utterly confused and uncertain what to do, as he is in debt, without steady work and studying nights to become a city employee.

#### IS IT RIGHT TO HELP GIRL?

I favor helping the girl regularly, to keep her on the straight and narrow path in future, if possible. But my husband, my sisters and a few other persons say: "Ignore her, such girls are on the make," etc. I am separated from my husband, with just enough income to keep going; but I could cut corners somehow, to help the girl, if that's the right thing.

However, I don't want to be ridiculed—and I am counting on your views to settle the controversy.

P.S.: Bud claims (he isn't too sure) that Gerta (his girl) is sympathetic to the communists; and knowing how our family hates them, he hesitates to do anything about her. Does that possibility drastically alter the situation, in your opinion? —P. B.

#### HELPING HAND IS INDICATED

DEAR P. B.: Your considerate sentiments do you great credit. And assuming that Gerta's background, character and circumstances make her gullible to communist propaganda, it seems to me that your brand of decency might become the agency of her salvation—and her child's also.

For example, a kindhearted, openhanded letter from you—enclosing what help you can, and pledging continued interest in her welfare (and the child's)—such a letter might enlist Gerta's confidence that we are a people who do sincerely care about the fate of the individual. In spite of Bud's shoddy behavior in relation to her.

In letting her know that you are concerned to keep her safe in the future, as best you can, you might be doing good beyond your power to estimate. You might be securing a friend for democracy, in a sensitive spot in the human family, and paving the way for her child to grow up in the non-Communist sphere of influence.

#### REASON TO DO DECENT THING

The cynical selfish attitude of your husband, sisters, et al., towards Gerta's appeal, and their advice to Bud to ignore her need, is destructive doctrine—bad for Gerta and her child, bad for Bud, and bad for society as a whole. If carried out, the profound thinkers of our time are agreed that faithful Christian character—contains the only ultimate remedy for, and antidote to the evils nourished by the communist conspiracy.

Continued on page 9

## Measure Up—Do Your Proportions Harmonize?

By Ida Jean Kain

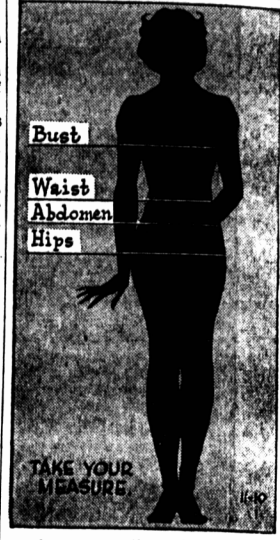
Symmetry is an harmonious word. It flows into balanced proportions with beauty of form. If your weight is reasonably normal and your proportions harmonize, you should be able to slip smoothly into a dress and walk right out of the store in it. If a hem alteration only is required, you're in fine shape.

The pivotal measurements are: Bust, waist, abdomen, hips. In standard dress sizes, for each body type, measurements are based on the bust, which is the gauge of upper body structure.

Using the bust measurement as the gauge test for harmony of proportions: The waistline is rightly proportioned at 8 to 10 inches smaller than the bust circumference. The average difference is 8 1/2 inches. There should be only a slight curve of the abdomen. Ideally, this measurement should be from one-half to two and a half inches smaller than the bust circumference. Alas, this measurement increases with excess weight. Slumped posture and flabby abdominal muscles aid and abet the spread too.

The hip measurement will vary with body type. Ultra-streamlined hips measure the same as the bust. Hips that measure from one to two inches larger than the bust are termed average. Hips that measure three to four inches larger than the bust are termed fuller.

Be sure to take correct measurements to get the facts about your figure. To make the test accurate, here are the rules. The bust measurement should be taken over a properly fitted bra. Circle tape around back and under arms, and bring it together at the center of the bust. Next, circle tape around your natural waistline. To determine the abdominal extension, circle tape around body to include



you have a small, medium or large frame. It is true that with overweight, all your measurements will be too ample, and more than likely, some will be more out of proportion than others, for excess fat always parks on the least used areas. With weight at healthy normal for your structure, harmony of measurements will give you a fine figure.

## Alice Brooks Designs

EASY TO CROCHET

Skirt of the season! Rows and rows of crazy shell stitches—baby shells at the waist grow bigger and bigger toward the hem! It's the stitch you love—easy to do!

Crochet Pattern 7190: Misses' Waist Sizes 20-22; 24-26; 28-30 inches included. Matching stole.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Alice Brooks Designs c/o The Guardian, 60 Front St. West, Toronto, Ontario. Please print plainly NAME, ADDRESS, PATTERN NUMBER.

Brimful of thrifty gift ideas—our Alice Brooks Needlecraft Catalog—82 of the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

Best for Baby's Coughs

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7190 by Alice Brooks

## ELLEN'S DIARY

by an Island Farmer's Wife

And again—as always, though sometimes it comes to us in roundabout ways, Providence was kind to Island farm-folks today. Particularly to James who this morning saw a hope of his fostered. After his own heart, indeed, was the work that was undertaken so early at Alderlea. And what was this fresh endeavour undertaken that was more satisfying to him than any trip or excursion to far pictured shores? That was to be preferred above most farm-enterprises? For was not this the very beginning of them all?

Yes, that was it, James was again at the stumping. "There's nothing like a bit of new land to help a farmer along," has been one of his pet beliefs down through the years. Now more idle slash was being cleared. By next fall another field, fertile and fruitful, would be numbered in with acres that had been cropped.

Is this husband of ours living! Lights shined this morning to the twilight dawn. "I'd like to have my breakfast now," he said before long, "Ellen" he said putting first foot to the floor. We followed shortly, not from choice as much as from circumstance!

The kitchen-fire sparked and sputtered and caught merrily. We fed it cat-sticks of maple. . . . the kettle sang. And presently breakfast was spread. Now the silver of a be-gloued morning was spreading into the valley. We were the amber of the sunrise. We heard the dog bark, challenging the rights of some passer-by. Now we would summon James—and Rob from the stables to the meal.

But James had gone, steps pointed in the direction of Alderlea, and the stump-field there. His breakfast came later, when from the door we could catch the steady hum of the bulldozer at work. And then the day took from us all of household, the boys to their classes, the men to the Home-farm and the turnip-work there.

We enjoy these rare, and after all, only brief spells of desertion. They give us time to loiter at the house-work, to have precious moments of reading, to mend or sew, at our leisure, or maybe, cares forgotten just to "sit loose" and dream.

We drank our tea from a "Sunday" cup . . . and saw the gentle sky of the sunless day come down to keep a fall tryst with the weary-

While many drugs have been used to give labor relief, no drug has been found to be ideal for this purpose.

If given too early, some drugs may prolong labor. Others may make the mother-to-be non-operative and extremely restless. This may change what would have been a normal birth into an abnormal one.

Also, if a drug is given too close to the time of birth, the baby may be born sleepy and have difficulty breathing. Such a situation is especially dangerous for an infant born prematurely.

#### QUESTION AND ANSWER

Miss G. P.: Can nose and throat infections be cured?

Answer: Practically all nose and throat infections can be cleared up with proper treatment. An examination is needed to find the cause of the difficulty before proper treatment is carried out. The antibiotic drugs should be helpful.

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## Anne Adams Patterns

WEEK'S NEW THIRTY!

It's so thrifty, sew-easy to make this new, side-button, wrap waist! Just look at the DIAGRAM! We-kits are so smart this Fall—you'll want several of the classic, button-front type, too! Choose wool tweeds, corduroys!

Pattern 4529: Misses' Sizes 12, 14, 16, 18, 20. Size 16 upper version, 7/8 yard 54-inch; lower, 1 1/2 yards 35-inch nap fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-Five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.

Send order to ANNE ADAMS, care The Guardian, 60 Front Street, West, Toronto.

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4529 12-20 by Anne Adams