



Smart Checks In Slim Suit

This spring suit in navy and white cool check was designed in Paris. It features a fitted waist-line and slightly flared skirt. The jacket has a tailored collar and lapels with shortened sleeves. (CP Photo.)

LET'S EAT

Low-Caloried Popcorn Is Popular At Parties

By Ida Bailey Allen

"All over this country, Madame, in the movies and at smart cocktail parties, one hears the crunch of popped corn," remarked the Chef. "But why the name 'pop'?" "The gentle heat to which the popcorn grains are exposed," Chief replied, "expands the moisture in the kernels and causes the starch grains to pop open or burst. The popping noise is really a minor explosion!"

WHOLE GRAIN FOOD

"Popcorn is the only complete whole-grain food we use, and here's good news for waistline-watchers. A whole cupful, unbuttered, contains only 54 calories. Because of its natural bulk, popcorn is literally a filler-upper, so it is really useful in a reducing diet."

Popcorn Fruit Cookies: Cream together until fluffy, 1/2 c. butter, 1 c. sugar and 1 well-beaten egg. Add 1 c. fine-ground popcorn (put through a food chopper after popping), 1 c. fine-diced figs or dates, 1/2 c. milk, 2 c. already-sifted enriched flour, 1 c. enriched cornmeal, 4 tsp. baking powder, 1 tsp. salt and 1 tsp. ground nutmeg.

Roll 1-3 in thick. Shape with a cookie cutter. Place on an oiled pan. Bake about 12 min. in a moderate oven, 375 deg. F. **Cherry Popcorn Ball:** Use a skillet with a dome-shaped cover or a heavy deep pan with a lid. Warm the utensil. In it place 3 tsp. cooking oil.

Heat until 2 or 3 kernels of corn spin when dropped in the hot oil. Pour in enough kernels from a can of popcorn to cover the bottom of the utensil. Cover and shake gently over a low heat. When you hear the last few "pops," remove from the heat. Empty the popped contents into a large bowl.

To Make into Popcorn Balls: In a saucepan, combine 1 c. sugar, 1-3 c. white corn syrup, 1-3 c. juice from canned sweet dark cherries, 1/4 c. butter, 1/4 tsp. salt and 1/2 tsp. vanilla. Stir-cook until the sugar dissolves.

Continue to cook without stirring until 1/2 tsp. of the syrup forms a brittle ball when dropped in cold water. Pour this slowly over the popped corn. Mix well. Rub the hands with butter and shape into balls. Insert a peppermint candy stick into each popcorn ball. Wrap with cellophane or transparent plastic. Decorate with red hatchets cut from cardboard and tied on with ribbon.

TOMORROW'S DINNER

Cream of Corn Soup
Escalloped Haddock
Whipped Potato Buttered Kale
Tossed Green Salad
Apple Betty Whipped Topping
Coffee Tea Milk
TRICK OF THE CHEF
Serve popped corn with soup instead of croutons.

WOMEN

Page 8, The Guardian Tuesday, Feb. 28, 1956

Happenings

The Honourable John J. Bowen, Lieutenant-Governor of Alberta, may be the Lieutenant-Governor of Alberta but at heart he is still very proud of the fact that he was born on the island. During the past few weeks the Governor has been very busy with the opening of the Alberta Legislature and on opening day the Ceremony was very impressive. The Alberta newspapers report that His Honour carried out

his duties with the quiet dignity which has endeared him to every citizen in Alberta.

Like all Governors this Island-born governor has many commitments and his appointments for February included: Banquet for the winners of the British Consols Brier playdowns for Curling; Reception to meet representatives of the U. K. High Commissioners Office; Attendance at the opening of the new lounge for the R.C.A.F. Association; Attendance at the Symphony Concert; Opening the Winter Exhibition of the Alberta Society of Artists; Attendance at the annual meeting of the Canadian Council of Christians and Jews; University of Alberta Alumni Ball; Annual meeting of the Central Alberta Livestock Association and University of Alberta Legislative Assembly Dinner. On February 22nd and 23rd His Honour entertained at the M. L. A.'s and the Press at dinner at his private residence. It can readily be seen that Lieutenant-Governor Bowen like our own Lieutenant-Governor Prowse is a very busy man and does not spare himself to carry out his duty.

Mary Haworth

Couple Quarrel Over Differing Needs of Rest

Dear Mary Haworth: My husband and I read your regularly, sometimes agreeing with you and sometimes not. But now I seek your advice.

We haven't been married very long, and my husband, I'll call him Bill, gets angry with me because I don't always get up when he does, in the mornings. We usually retire before midnight, and he starts the day at 7 a.m. to be at work on time. Bill is happy with six or seven hours' sleep, but I need more. I was always accustomed to

lots of sleep.

Bill can't stand to see me sleep after he gets up. He claims he just wants me to fix his breakfast and then I can go back to bed. But some mornings he keeps calling from work, to see if I am up, and lately I've been ignoring the telephone, knowing that he is calling, as I wish to avoid an argument.

CHRONIC GRIPPER

Some mornings it seems I just can't get up; I try, but it seems I'm just paralyzed. And the other day, when I just couldn't get up, Bill called me ugly names and said I am just plain lazy. He says I may sleep as long as I like one day a week — this is Saturday, usually. But he says if I sleep late other days, then I become cross and refuse to even speak to him, sometimes for days.

Maybe I am stubborn, but I am not good company in the mornings; and I don't see that it helps to give in about this. In fact, it just seems that I can't give in to Bill, on the matter of sleep.

I always have notices that. He clean, he never notices that. He is just a chronic complainer about sleeping; and about my cooking occasionally.

IGNORABLE SQUABBLE

Dear K.D.: This ignorable squabble over sleep-needs is really indicative of blind childish demandingness in each of you. It signifies that neither of you is psychologically prepared to be a helpmate. Rather, each has counted (unconsciously, at least) on enjoying life at the other's expense; each has expected to get more than to give.

You are fighting over another for concessions and please another for aren't I never organized to spend yourselves liberally, as a matter of course, to make the other person happier, healthier, better cared for, etc. In short, your affiliation is "strictly from hunger."

As the saying goes, and to correct this mutually frustrating condition, you've both got to educate yourselves in the norms, and techniques, of mature behavior. However, as referee of the argument over sleep, may I say to Bill: It is a fact that individuals differ in their sleep-requirements. Also, people fall into different categories, as regards their energy curve, in the course of a day.

Mr. Jim Carson, a student in Dentistry at Dalhousie University, and Miss Julie Carson of the Allison Conservatory of Music spent last weekend with their parents, Mr. and Mrs. Sheldon Carson, Brighton Road, Miss Julie Carson was a Soloist recently at the Mt. Allison University Vesper Service. Miss Carson who is studying with Miss Dorothy Allen sang "I will sing of Thy Mercies" by Mendelssohn from "St. Paul."

Mr. and Mrs. Walter Matheson left last week for the Barbadoes.

On Friday, February 24th, Miss Mildred Harrington delivered a most interesting and educational

Some persons are at their brightest in the mornings, others in the afternoon, and still others in the late evening.

If Bill is refreshed by seven hours' sleep as a rule, whereas you aren't, it certainly means you need more sleep than he; and he should face the fact, and see that you get it. And also insist upon medical help, to determine how to build up your vitality. Long time faulty nutrition, or chronic anxious tension, or both, may have worn down to the verge of exhaustion as the usual thing. A good diet, plus vitamin therapy, plus psychiatric treatment of worry-habits, might give you a great new lease on vigor.

Now, for a word with you. Granted that you and Bill are dissimilar types, as regards your energy patterns, still I believe it is your duty (when you aren't actually ill), to prepare your husband's breakfast, if he expects it. This is the housewife's chore in the average household without paid staff; and the well organized housewife does it with grace, good humor and interest in the task.

It is your responsibility to keep fit for your job as housewife; hence, my advice is to plan your daily routine so that you can rise rested at 7 a.m. If this calls for a nap after breakfast, a nap after lunch, and an early retiring hour, that's the protective schedule for you.

To combat Bill's criticism of your cooking, collect good cook books and learn from them. You might try: "Quick and Easy Meals for Two" (Henry Holt publishers) by Louella G. Shourer; or "Reduce and Enjoy It" (Hapers) by Elaine L. Ross; or "Let's Cook It Right" (Harcourt, Brace) by Adelle Davis.

Mary Haworth counsels through her column, not by mail or personal interview. Write to her in care of this newspaper.



The Weaker Sex Has The Upper Hand

Looks like the term "weaker sex" can't be applied to the navy's Wrens. Able Wren Lois Courtwright of Terrace, B.C. proves the point as she flips jump instructor CPO Douglas McCulloch of Edmonton N.S. (CP from National Defence)

lecture on her recent European Tour, before an appreciative audience at Notre Dame Auditorium.

Immediately after the singing of two delightful Scottish selections by the Academy Choir, the Guest speaker was introduced by Mrs. F. A. Coyle, Chairman of Notre Dame Centennial Committee.

In her introductory remarks Mrs. Coyle referred to Miss Harrington's exceptionally high standing in the teaching and private tutoring. Her experience includes two years' school operated by the Trinidad Leaseholds Oil Company. During her holidays the Company sent her to England to get acquainted with teaching methods there. Miss Harrington had three trips abroad. The committee was most fortunate in having Miss Harrington give so generously of her time and talent.

Miss Harrington who has a well deserved reputation as a public speaker, transported her audience across the Atlantic, where, through her magic, they followed her on a seven-thousand mile journey through that vast storehouse of historic, artistic and architectural treasure, re-creating in the old world beauty spots they saw through her eyes.

The choir once more added to the evening's enjoyment by their rendition of well loved Irish songs. Finally, Miss Harrington showed coloured movies taken throughout her extensive travels.

Mrs. Walter Lawlor, Co-Chairman, conveyed to Miss Harrington the grateful thanks of the Centennial Committee, adding the assurance of her personal enjoyment of the Lecture. After a presentation was made to Miss Harrington by Mrs. Lawlor on behalf of Notre Dame Centennial Committee, the singing of "God Save The Queen" concluded the evening's entertainment.

W. I. EXECUTIVE

The executive meeting of the Women's Institute was held in the Institute rooms with twelve members present. President, Mrs. Murdoch MacGowan presided.

ALICE BROOKS DESIGNS



by Alice Brooks

Meeting opened with the creed followed by minutes of the last meeting which were read and approved. Plans have been changed for the District Officers Leadership Conference, they are to be held March 22 and 23. It is hoped all District presidents and secretaries will attend.

The 1956 Musical Festival features Women's Institute chorus the selection "The Island Hymn." Local Institutes may obtain a recording of the hymn at the Institute office. Any Institute wishing to enter must send their entries to Mrs. Wendell Wood, Central Royalty before March first. Mrs. Michael Doyle reported on F.W.I.C. Plans were made for the annual convention. Mrs. Alice Barry of Australia, President of the Associated Country Women of the World, will be the guest speaker. The convention dates are the 4th and 5th of July. It was suggested that the Provincial President urge our Women's Institute members to put forth every effort to make the 1956 Red Cross campaign a huge success.

We are pleased to announce the

MORNING SMILE

A jeweler's absent-minded assistant was being married. When it came time to present the bride with the ring, he hesitated. "With this ring," prompted the minister. "With this ring," said the bridegroom. "We give a written guarantee, reminding the customer that the price will be refunded if it is not as represented."

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Perfect accessories for your new Easter outfit—this pretty hat and handbag ensemble! Quick to make in favorite pineapple crochet — lovely styles to own!

Pattern 7387: Crochet directions for hat and bag, of heavy straw yarn or knitting worsted. Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St., W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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ELLEN'S DIARY

Shopping In The City

This has been, we would say, the choicest of February's days. Remember? Warmly sunlit, light west wind, and sky softly blue in come. It was a morning to mix bread and then on a sudden impulse to set it aside in a cool place to discourage hasty rising, and presently shopping list of necessities in a pocket, set forth to follow the line of the open road to the city.

"You won't mislay it" we said a little anxiously when later a clerk took our list to compare a brand of item wanted with the names of those on the shelves. "Perhaps you have an idea of the predicament a woman is caught in when she loses her list?" we chuckled.

"Yes, he nodded with a flicker of smile, "I would say she'd be then pretty much 'at sea'." "Well that's what she has marked down," we chanced to overhear a farmer say to a male clerk in a store where he shopped. "There it is—right there number and all." "You can read it yourself—that's what's there."

"Yes, I know, sir," the clerk offered. "But we don't carry that line. However," he continued "we do have this—and it's just as good." "Just as good!" the farmer raised his voice. "That doesn't make any difference to me. It's the other kind she sent for and that's what I'll have to take home to her." He gave a quick glance around than and saw only an oldish person there and she evidently engrossed in the display of counter-wares.

"You know what women are like!" he nodded. "They're just over here" we

women in our Women's Institute Contest. In the class for program content, Avonlea placed first; Uigg-Kinross, second; Springfield, third and honourable mention, Marshfield, Meadow Bank, Sherbrooke, Parkdale. In the Art Class, Hunter River placed first; Margate, second; Mt. Herbert and Parkdale tied for third, and honourable mention, Avonlea, Spring Valley, Springfield Meadowbank.

When baking a milk pudding, place the dish in a tin of water in the oven. This will prevent the pudding from burning or boiling over.

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COOK'S CORNER



GOULASH
1 lb. bacon
1 can tomatoes
1 cup rice
1/2 doz. small onions
salt and red pepper
Method: Cook rice in water. Cut bacon and onions up in a pan and fry. Add cooked rice and tomatoes. Salt and red pepper and simmer until thick.

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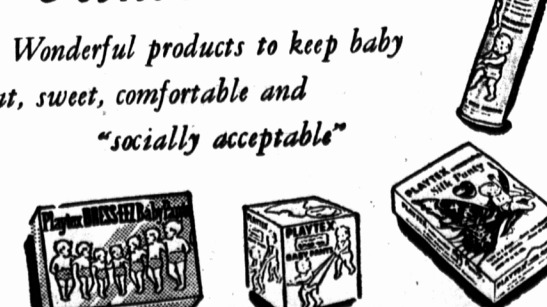
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Pattern 4589: Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50, 52. Size 36 takes 5 1/4 yards 35-inch fabric. This pattern easy to use. Simple to sew. Is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 cents) in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Charlottetown Guardian, Pattern Dept., 60 Front St. W., Toronto, Ont.

4589 by Anne Adams

Words Of The Wise

Our reverence for the past is in proportion to our ignorance of it. —(Theodore Parker)

HOUSEHOLD HINT

Rubber tile flooring has a distinctive appearance but requires careful maintenance to keep it looking its best. Grease, oil or harsh abrasives can damage rubber tile and spills should be wiped up carefully as soon as they occur.

To keep the tile's brightness, wash it once a week with thick soapuds and a damp-mop rinse. When the tile is thoroughly dry, wax lightly with self-polishing wax.

Oriental Touch



Rossana Rory, talented and pretty young Hollywood star, likes a bright Oriental look for her costume jewelry. She has selected this bracelet to match the necklace and dresses, sweaters and suits. The necklace is made of simulated turquoise twigs combined with gold twigs. It is in three strands and is adjustable. The four strand bracelet matches the necklace and both have a very Eastern air.

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