



### NO CAP FOR HIM

William Pletch of Woodstock, Ont., points to epaulet he received instead of a cap after completing his first six months of nursing training. Classmates Jacqueline Hulls and Sharon Halliday, both of St. Catharines, admire the epaulet and flowers worn by Mr. Pletch. He was the lone man among 34 student nurses "capped" at St. Catharines General Hospital. (CP Wirephoto)

### ELLEN'S DIARY

#### This Day Brought Gage His Eleventh Birthday

Today Gage, Jamie's younger brother, caught up to his cousin, the maid in the house across the lane, in years. Now, and until a cherry-blossomed day in June, both are eleven.

"Are you taller than you were yesterday?" Mack asked him with a chuckle by phone this morning. "I believe I am!" he said in a happy-voiced reply.

Eleven! We thought of him today in the lines of a poem by Marion Conger that fit him so well:

"He is eleven now  
And very knowing  
About young animals  
And all things growing.  
Swims easily, rides bikes,  
And when it rains,  
Whistles and paints  
And fashions model planes

He is eleven now,  
Explosive, wild,  
Astute, aloof,  
Yet gentle for a child,  
Sun colored, chestnut-eyed,  
Fine boned and tall.

He is eleven now  
Who once was small.  
Was one—oh, long ago—  
Unsure and small."  
An anniversary of birth for a

lad of the name this February day. And Mack, the elder lad of this place left his common cold to Granddaughter in her turn to nurse by the fire, and after a week's absence from his classes, once more rode off to rejoin them.

It was a morning cool from a sharp wind of the west, but the sun mellowed it for the homecoming, heralded by the pup's happy bark, which gave him a gain to the place.

"I notice there's a new moon today," a visitor this evening commented.

"And it's not a bad sign to see it come in, in fine weather," he added.

"Weren't they having snow in some of the other provinces?" someone asked with a chuckle.

"I don't care what they're having in the other provinces," the visitor declared. "I've taken note of it many a time—if she comes in fine, she usually stays that way for the week!"

"At any rate when she grows," James smiled, "we'll see quite a change in the length of the days."

A lovely day, this one of February, which brought Gage to his eleventh anniversary of birth. Until tomorrow  
Diary  
Good-night.

### Smart Housewives Serve Fish In Variety Of Ways

"Many housewives in the Maritime Provinces are missing fertile field for the preparation of appetizing dishes by not exploring the opportunities for culinary achievement offered by the fish caught in the salt waters bordering the Maritime Provinces."

That is the message from Miss Johanne Zwicker, home economist for the Inspection and Consumer Service, Department of Fisheries, Maritimes Area, Halifax.

The attractive home economist recently reported on her work of promoting fish consumption at the recent regional annual meeting of

the Fisheries Department in Halifax. Miss Zwicker told the meeting that in her travels through the three provinces she found many public eating places where fish was not served attractively.

"Expect Adventure," she said, "expect to have adventures in eating the many varieties of fish and shellfish available, but are often greeted with a poor imitation of southern fried chicken which they probably eat at least once a week at home."

Miss Zwicker is currently giving a series of fish cooking de-



### JUDSON - BUELL NUPTIALS

Mr. and Mrs. Frederick Judson were married recently in Charlottetown. The bride is the former Helen Jean Buell, daughter of Mr. A. Buell and the late Mrs. A. Buell, Mermaid. The groom is the son of Mr. and Mrs. Raymond Judson, Alexandria. Miss Shirley Buell, sister of the

bride was bridesmaid. Mr. Ken Judson was best man for his brother. A reception was held at the bride's home for 35 guests.

After the reception the happy young couple left on a honeymoon trip to parts of Ontario and New York. Upon returning home they will reside in Mermaid.

monstrations to junior high school girls in several Halifax schools. Later in the season she will be giving demonstrations in other centres throughout the Maritimes. Such demonstrations are not limited to high schools, but also to vocational schools, trades schools, university students, and all those people and organizations concerned with the preparation of food throughout the Maritimes.

**VARIETY**  
Miss Zwicker, whose birthplace is Lunenburg, N.S., one of the world's famed fishing ports, is not theorizing when she urges the homemakers to feature fish more often on their menus. The many varieties of fish and shellfish are quite different in taste and texture, so frequent use of these products add variety to the menu and at the same time provide a highly nutritious food.

Good health is a matter of daily concern and meals eaten every day are the building blocks of good health. Fish muscle is composed mainly of protein, fat, a d water and provides mineral salts and vitamins.

Fish contains 15 to 20 per cent protein; about the same proportion as in other protein foods such as meat and poultry. The proteins in fish supply all the essential amino acids, which means that fish alone would be able to supply the body's protein needs for health and growth. Experimental feeding tests have shown that fish is one of the most efficient of all protein foods in promoting growth.

**NEVER TOUGH**  
One of the reasons for the high biological value of fish as compared to other protein foods, i.e. milk, eggs, meat, may be due to the smaller amount of connective tissue since all of these foods are complete proteins. In fish muscles about 3 per cent of the protein is connective tissue while in meat muscle it averages 13 per cent. For this reason fish is never tough and does not require the long slow cooking needed for poorer cuts of meat. Fish protein is easily digested and experiments on digestibility by human subjects have shown that from 90 to 96 per cent of the protein is digested.

**FAT CONTENT VARIES**  
Fish vary in fat content—from those species having a low fat content, for example cod and haddock (about one per cent), halibut has a medium fat content (two to five per cent), to the fat, fish, namely salmon, mackerel or herring. Faty fish are always relatively fatty, but the fat content varies with the season and spawning cycle, e.g., herring may contain as little as .4 per cent fat to 22 per cent fat.

The fat in fish is not localized as in meat, but is distributed throughout the flesh. In certain areas however, particularly just below the skin, the fat content is higher than elsewhere. The fat in the fish is also easily and almost completely digested. The flesh of the fatty fish is rich in vitamins A and D and the fish oils found in the flesh are composed of glycerides of saturated and unsaturated fatty acids which are of value in nutrition. If the fish flesh has a high fat content, there are more calories per serving in the fish... if the fat content is low, the caloric content is low.

**LIVER PRODUCTS**  
Fish not having a high fat content in the flesh have a high proportion of fat in the liver, in some cases as high as 73 per cent. This

fat is used for medicinal purposes... namely the fish liver oils so high in the vitamins A and D.

Marine fish and shellfish also contain very high amounts of iodine. A deficiency of iodine in the diet will cause the enlargement of the thyroid gland, and this condition is known as goitre. Refined methods of analysis have shown that marine fish, shellfish and seaweed (e.g. dulse) are very high in iodine, and this goitre condition is rarely found in areas where marine fish are used in the diet.

**MINERAL SOURCE**  
Fish also contains significant quantities of calcium and phosphorus, and as in all animal foods these two minerals are found mainly in the bones. In canned fish the bones have become soft and edible and these bones are an excellent dietary source of these two minerals. It is a good idea to crush any bones found in the canned fish and include them in the recipe. A few examples of these canned fish would be sardines, salmon, chicken haddie and mackerel. Shellfish such as oysters and clams, which are eaten whole, provide more iron than any other fish. All fish are good sources of phosphorus, copper and fluorine.

**COOKS QUICKLY**  
Fish can be prepared in many different ways: baking, broiling, poaching, steaming, in parchment paper or aluminum foil. It can be served in chowders, salads, sandwiches or casseroles, and is so versatile that it can be featured on breakfast menus, as well as the dinner and supper menus. It is also very quick and easy to prepare. Since it has no tough connective tissue, it can be cooked quickly at a high temperature—namely at 450 to 500 degrees F. When cooking fish, allow 10 minutes baking time for each inch thickness if the fish is not frozen, and 20 minutes per inch thickness if the fish is frozen.

Hardy races all over the world are fish-eaters. Fish is very protein in the diets of the Scandinavians and the Japanese, and these races are noted for possessing strong bones and teeth, physical vigor and mental alertness.

Science has proven that there is no foundation for the old saying that "fish is brain food"; however, it is a foregone conclusion that smart people eat fish.

**MOTORS BANNED**  
Motorboats are not allowed on waters in Jasper national park without written permission from the parks superintendent.

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### PARKDALE W.I.

The regular monthly meeting of Parkdale W.I. took place on February 5th, with the president Mrs. F. Ross in the chair. The topic for the evening was Institute Friendships. After the usual opening roll call was answered by twenty-five members giving suggestions for the 1959 program.

The reading of the minutes was followed by the treasurers report. A large volume of correspondence was dealt with, which included letters of appreciation from St. Vincent's Orphanage, former W.I. members and others. Reports were heard from the various committees.

The sick committee had sent seven get well, four sympathy, and two baby cards, also flowers to a member in hospital. The hall committee reported a new door ordered for the front entrance, and repairs to be made on the back door.

The Cubs and Scouts are having a Father and Son banquet on February 18, the brownies are doing good work with thirty-four girls enrolled. The Porch Light Campaign in the district netted \$85.19 for this very worthy cause.

Under new business material was received from the members for the exchange program which goes to Four Towns Northern Ireland, for their April meeting. Subscriptions were received for the W.I. news.

Twenty dollars was voted as an initial payment on books to establish a library for grades one to four, also a sum sufficient was voted to furnish meat for the Father and Son banquet.

A Mr. and Mrs. Valentine party takes place in the hall on February 13. Hostesses for Social Evenings on February 17, and February 24th, are Mrs. F. Ross, and Mrs. H. MacDonald.

A beautiful quilt, patterned daffodils, the work of Mrs. Aubrey Pound was on display. This quilt was entered in the Star Weekly competition, winning the first prize of one hundred dollars, and was shown at the Canadian National Exhibition, later it was on display at the T. Eaton stores, in centres as far west as Calgary.

Refreshment committee for March. Mrs. Bertram, Mrs. Cook Mrs. Douglas, Mrs. Ramsay. After a pleasant half-hour over the tea-cups Mrs. Glen Ramsay vovener of program showed colored slides, which added much to an enjoyable evening. With Mrs. F. Bertram at the piano the meeting came to a close by singing O Canada.

### HOUSEHOLD HINT

Before calling a repair man for an ailing appliance, check outlets, plugs, bulbs and possible loose nuts and bolts. Often a simple tightening or replacement will put things in order again, without a large repair bill.

Remember to launder new stockings before you wear them. It will lengthen their life.

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# Women

Lena Caroline McLure, Women's Editor. Phone 8508

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## HAPPENINGS

Susan, Lady Tweedsmuir, has recently finished a Victorian novel called "Cousin Harriet". The Montreal Star has given this book a very nice review. Lady Tweedsmuir is a gifted and popular writer and her large clientele are looking forward to reading her latest book. Lady Tweedsmuir, who lives in Burford, England, is now in Gibraltar for a few weeks holiday.

Mrs. Alfred McNeill and Mrs. Myron Bell are entertaining at a luncheon bridge and a supper bridge on Monday and again on Tuesday. The parties will be held at the McNeill residence, Upper Prince Street.

Dr. and Mrs. Malcolm Putnam left recently by car for a skiing holiday in Vermont. From there they will go on to New York where the Dr. will attend meetings of the American College of Surgeons.

The mixed bridge club of which they are members met Tuesday evening at the residence of Mr. and Mrs. Jack MacEachern, Brighton Road.

The Alpha chapter of Beta Sigma Phi held its annual spring rushing party Friday evening at Miss Audrey Gillis' home, Fitzroy Street. The guests of honor for the evening were Mrs. Char-

les Trainor, Mrs. Somerled Trainor, Mrs. Donald Gordon and Mrs. Paul Devlan. Bridge prizes were won by Mrs. Temple Hooper, Miss Helen Cox, Mrs. J.O. Hornby and Mrs. Paul Devlan. Rummoli prizes were won by Miss Audrey Gillis (first) and Mrs. Leigh Donald (second). Delicious refreshments were served by the luncheon committee composed of Mrs. Temple Hooper, Mrs. Gerald Foster, Mrs. Raymond Stunden, Mrs. Clifford Campbell and Mrs. J.O. Hornby, assisted by the hostess.

Lieutenant-Commander J.R. M. Cook, Mrs. Cook and their children who have been living in Halifax, have left for Victoria, B.C. in which city Commander Cook has been posted. En route to the

**WHY HAVE SORE FEET?**  
JUST RUB IT  
**MINARD'S "KING OF PAIN" LINIMENT**

**VICTORIA P.Y.P.S.**  
The Victoria West Presbyterian Young People's Society held its regular meeting at the home of John Raynor on Thursday evening with the president Carole MacArthur presiding.  
The meeting opened with singing "Follow Me, the Master Said." Scripture was read by Shirley McArthur, followed by prayer by John Raynor. The study period was conducted by Rev. L. M. MacNaughton. A devotional part of the meeting closed by singing "Dare To Be Daniel."  
Roll call was answered by twenty-one members, membership plans to take part in Christian Youth Sunday Service. The next period was led Ruth Lamm. Next place of meeting will be at Eunice Bishop.

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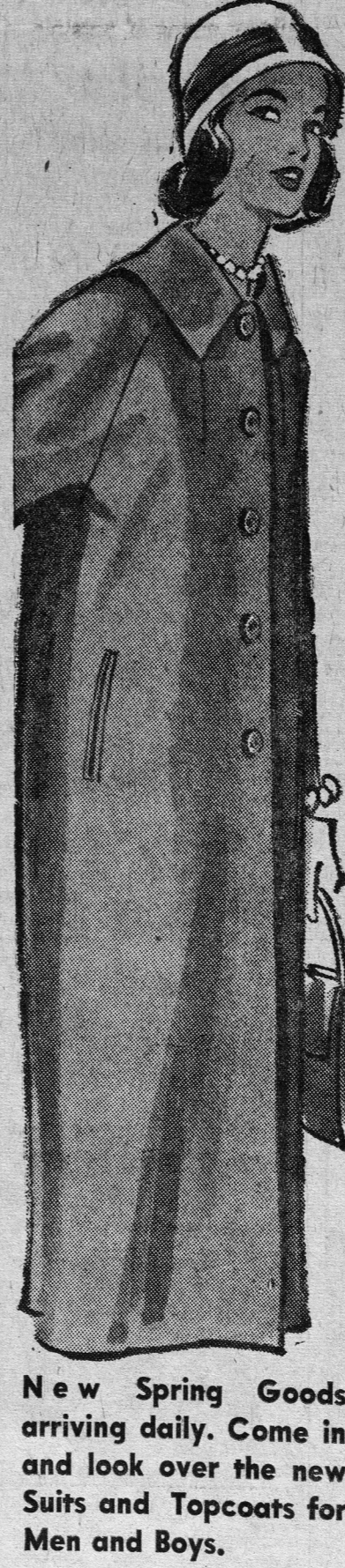
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