



CANADIAN FASHION

Irregular skirt of this red evening gown of acetate and nylon lace rises to ankle length in the back. Presented by France Davies at the fall and winter showing of the Association of Canadian Couturiers, the skirt's fullness is also concentrated at the back.

ELLEN'S DIARY

He's A Nice Lad - With The Bonniest Of Smiles

Monday, parcelled in sunshine and bound about with a warm sweet autumn wind, returned this family again to the cares of the harvest, to have by supper-time what someone fittingly called "the first canto" of it completed. Fields late-reaped and not yet sufficiently weathered to pass the approval of the farmers, remain yet to be saved — stalks that sunned in the ideal harvest weather of today. "We did well," James said, looking back over the amount of work accomplished since the borders moved into a first golden field. "We have a spell of stacking to do — should have had it done before this. Then a couple of days' threshing and the harvest will be over for the year."

"It's been a nice harvest, has not it?" we commented to the younger farmer this evening. "Yes," he smiled "it couldn't have been better. A few minor breaks in the gear to be a little delaying, but the machinery we must allow always for that. But what's saved... grain and straw are in the best of condition. And," he nodded, "not too bad a crop either."

"If we don't get much snow this winter," we offered recalling our helpers recent forecast "we may not get as good next year."

"We never know," he said. "The last two winters we had an abundance of snow and the crops that followed were, well, all in all, nothing out of the ordinary. But before those, we had a winter when the fields were so bare so long we said we'll have no hay at all. And there was clover everywhere — hay to burn. And exceptionally good grain crops too. So we can't tell what's ahead."

"We have to take what comes, eh?"

He nodded.

"But you shouldn't," Granddaughter a health-minded young lass exclaimed this morn, when we treated a little visitor to a sup of water fresh and clear from the faucet — and from a stream found hidden beneath the earthen floor of the cellar by a young dowsler using a divining-rod of apple-wood. "He gets only boiled water, you know. And from a sterile cup, too, don't you dear?"

The babe snug in the old armchair smiled an engaging young smile and eyed the glass with some longing.

"He'll get a misery from it, I'm afraid," she said soberly.

Chef For Royal Dinner Eats His Wife's Cooking At Home

By JIM MORRISON
Canadian Press Staff Writer
TORONTO (CP)—One of Canada's top chefs feels it is an honor to be asked to prepare a dinner for the Queen and Prince Philip but says women should have the honor of cooking in the home.

Stephen Vojtech, executive chef for Toronto's King Edward Hotel, will use some of his secret recipes for the dinner for the Queen and Prince Philip, to be held in Prime Minister Diefenbaker's residence Oct. 15.

He admits, however, that few dishes prepared from the recipes, kept locked in a tiny vault in his office, are used in preparing dinner at his own home.

"My wife does the cooking at home," he explained. "Women have the honor of preparing meals for their husbands and families and in them should remain this honor."



ELEGANCE

Fine tweed, in a honeycomb weave, in a delightful tone of green, is the fabric used for a town ensemble of great elegance. The dress has a boat neck and a very brief cap sleeve. The long-length jacket is slanted on either side of the front and flaunts a surprising shawl collar of chinilla.

Women

Lena Caroline McLure, Women's Editor, Phone 8508

The Guardian Page 9 Monday, Oct. 7, 1957

LET'S EAT The Diet Of Americans Is Often Inadequate

By IDA BAILEY ALLEN
Essentials of nutrition, by Sh man-Lanford, recently published, is a book well worth reading by any homemaker who would like to get a good basic knowledge of what foods do for our bodies and how they can provide maximum nutrition and good health for our families.

Although written in simple non-technical style, it is not a book to read in one sitting. It's best to read just a few pages at a time.

At this season when gardens and supermarkets are running over with fresh produce, I was interested to read in this excellent book, that in spite of our higher income level, the extra food money is not spent for many fresh fruits and vegetables as desirable.

To quote: "Consumers are still too apt to think that about two pounds a day of fruits and vegetables is as much as they are justified in eating. However, our present nutritional viewpoint is that certainly a third—additional—pound per capita consumption of fruits and vegetables... is an excellent investment."

From two to three pounds of vegetables and fruits a day, you say? Who could eat that much? BEFORE PREPARATION They couldn't, if raw. But this figure means the total amount of raw fruits and vegetables before preparation and cooking.

Estimate the quantity you now buy for family consumption, including fruits for juice and cooking, salad plants, tomatoes, potatoes and all types of vegetables. You may be surprised to find you are feeling the family short.

Tomorrow's dinner: Melon wedges, broiled liver and tomatoes, vegetable casserole, applesauce sugar cookies, coffee or tea, milk.

All measurements are level; recipes proportioned to serve 4 to 6.

Broiled liver and tomatoes: Dredge 1 1/2 lbs. thin-sliced calf, beef or lamb liver with salt, pepper, a little powdered thyme and fine dry bread crumbs. Lay on an oiled broiler.

Broil 5 min. on one side. Turn. Then cover with a layer of 1 lb. thin-sliced firm tomatoes. Brush with cooking oil. Dust with dry bread crumbs, mixed with 1/2 tsp. salt, 1/4 tsp. pepper and a few grains sugar.

Broil 12-15 min. or until the tomatoes are lightly browned.

Vegetable casserole: Peel and slice a (1 lb.) eggplant. Cut in halves. Brown in 3 tbsp. butter or margarine. Combine 1 c. each chopped celery, peeled onions, carrots and zucchini (optional). Mince and add 1 green pepper; stir in 1 1/2 tsp. rice.

Layer the eggplant and vegetable mixture alternately in a 10-2-qt casserole. Make 4 layers.

To 3 c. boiling water, add 4 beef bouillon cubes, 1/4 tsp. sugar, 1 tsp. salt, 1/2 tsp. Monosodium Glutamate, 1/4 tsp. ground clove and 1/4 tsp. powdered thyme. Pour into the vegetables. Cover.

Bake 1 1/2 hrs. in a slow to moderate oven, 350 degrees F. or until the vegetables are just tender and the liquid is absorbed.

KEEP IN TRIM

New Season Is Perfect To Start Your Diet

By IDA JEAN KAIN
The perfect time to slim down is at the beginning of a new season. There is an invigorating quality about autumn that gives one the feeling "I can do anything."

The ideal way to slim down is to get a fresh viewpoint. You want to wind up a reducing program feeling slim and vital, and to hear the remark, "you look wonderful!"

One successful dieter wrote, "I feel 10 pounds younger!" You can too. In two weeks you can easily be five pounds lighter and you can look and feel 10 pounds younger. The technique is to build menus on foods which furnish "keep young" nutrients, and exercise to slim off inches and tone up muscles. Finish with a streamlined posture—and that's it!

First, the diet. Discard all your old ideas about dieting. Faddy fare, limited to a few foods, drains your vitality and soon forces you back into your fattening ways of eating. Then the pounds come back. A "keep young" reducing diet is built around a variety of foods.

Inco Research helps Canada grow



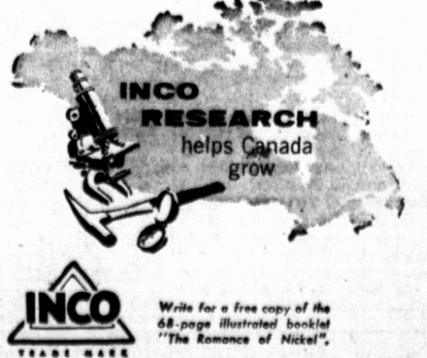
These men are examining a "test spool". It is used by Inco to broaden the knowledge of the effects of corrosion on metals. The spool is made up of a number of small discs of different metals and exposed to conditions that cause corrosion in industry... chemical solutions and vapours, for example. At Inco's laboratories the nature and extent of corrosion of these specimens is determined. The results are freely available to industry. Already, Inco has accumulated in such ways over 150,000 items of corrosion information. And new tests are constantly being made not only in Canada but throughout the world.

INCO RESEARCH helps fight a billion-dollar battle against corrosion

Rust is the most common form of corrosion. It is caused most often by the action of air and water on iron. In industry, corrosion is caused by many chemical compounds—acids and alkalis, liquids and vapours.

For many years, Inco has carried on a relentless fight against corrosion in the plants of many companies faced with these serious problems, in its laboratories in Canada, the United States and Great Britain... at its marine testing station in Kure Beach, North Carolina.

Through continuing research and the development of new corrosion-resistant alloys, Inco helps Canadian industry save many millions of dollars every year.



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BAPTIST W.M.S.

The September meeting of the Charlottetown W. M. S. of the Baptist Church, was held at the home of Mrs. Lemuel Webster, 44 Grafton St. on Thursday, Sept. 5, 1957, the president Mrs. A. Clark, presiding.

Mrs. M. Jones took charge of the devotional period and the following program was presented: Hymn, "Stand up, stand up for Jesus," Scripture Reading, Romans Chap. 10, verses 1-17; Hymn, "Take My Life and Let It Be," Prayer, Mrs. H. Mitton; Reading, "Clamour in Catavi," (Mrs. M. Jones).

Mrs. Clark then conducted the business part of the meeting. Minutes of previous meeting were read by Mrs. Edna Bell, secretary, and approved. Ten members responded to roll-call with a verse of scripture.

Miss Laura Bain, Mrs. H. Mitton and Mrs. A. Clark reported on the Maritime Baptist convention held in Wolfville. All three missionary fields in India, Africa and Bolivia, showed an increase in interest and growth. The W.M.S. went over the top in their giving. The need for more prayers and more workers was emphasized.

Meeting closed with the benediction in unison. At the close of the meeting the hostess, Mrs. Webster, assisted by Mrs. Chas. Hamm served delicious refreshments.

EARLY START

An official in Ottawa already has a long shopping list, prepared by Mr. Vojtech, and the ingredients for the dinner are to be at the prime minister's house no later than the morning of Oct. 15 as the chef and his staff can get an early start. It will take at least half a day to prepare the soup alone.

His secret recipes may become the possession of Canadian housewives in the next few years. "I would like to publish a book of my recipes someday, enabling my favorite dishes to be served on tables in homes across Canada," he disclosed.

Mr. Vojtech feels that Canada and his career in the kitchen have been kind to him in the last 30 years.

"I never dreamed that when I arrived here as an immigrant from Czechoslovakia that I would someday be given the honor of preparing a dinner for the Queen," he said.

"It is a wonderful thrill."

MORE TOURISTS

OTTAWA (CP)—The bureau of statistics said Tuesday vehicle border crossings into Canada from the United States were up six per cent to 2,541,300 from 2,357,000 in August, 1956, and for the first eight months of the year rose to 12,669,400 from 11,935,000. July entries of United States residents by rail bus boat and plane increased to 334,900 from 262,700 a year earlier.

NRU TESTS DELAYED

OTTAWA (CP)—Canada's powerful atomic research reactor known as NRU now is expected to be ready for tests under actual operating conditions late this month. In August officials of Atomic Energy of Canada Limited said they expected the \$53,000,000 reactor to be in operation by Oct. 1 at the Chalk River. On atomic project. However, they said Tuesday that certain tests have not yet been completed.

COOK'S CORNER

ORANGE DREAMS
1/2 cup butter
1 cup flour
2 tablespoons icing sugar
Cook until delicate brown.

Then—
2 eggs well beaten
1 cup brown sugar
1 cup dates
1/2 cup walnuts
1/2 cup cherries
1 cup coconut
1 teaspoon baking powder
1/4 teaspoon vanilla
2 tablespoons flour.

Pour on above mixture and cool 1/2 hour.

When cold, ice with 2 1/2 cups icing sugar and juice of two oranges.