

KEEP IN TRIM

Rouse Circulation To Slim

By Ida Jean Kahl

If you are an "experienced" dieter and have tried one quickie diet after another, ever hopeful of magic results, today's letter can put you on the right track.

"A year and a half ago I received your Scientific Wonder Diet and Calorie Chart. It really worked and now I want to help a dear friend."

"On November 20, 1954, this friend and I weighed in together, as we had decided to go on a diet. I was armed with your scientific

plan of eating an she with a faddy diet. She thought her diet was the best and tried to get me to go by it—and I tried just as hard to get her to follow mine.

"I weighed first and tipped the scales at 171. She weighed 170 and was tickled to think I outweighed her. We planned to weigh every week together, but she never weighed with me again. I now weigh 125 and she still weighs around 170, although she has started and given up hundreds of times."

MARY HAWORTH

Brother-in-Law Is Unbalanced

Dear Mary Haworth: My problem concerns a married sister, whose husband we have reason to think is mentally unbalanced. He is cruel to her and to their three children—who are 7, 5 and 3 years of age.

A year ago he "fell into a rage at table, when one of the children wouldn't eat, and struck the child in the mouth with his fist, knocking out two teeth. Another time he hurled a small chair at the 5-year-old, scarring his forehead."

"Jane (my sister) found him standing over the baby's crib and the baby was screaming. When she asked what was wrong he said the baby had been crying in his sleep, and he had hit him with a toy, because he was tired of hearing him cry."

"My sister works nights, and can't keep help for the children, as Jud (I'll call him) says they can't afford it. Yet he has a new car and buys on credit many things they don't need. And once when Jane had a woman in to help, Jud made improper advances to her. Also, once when Jane telephoned home one night, the children were locked in, with light off, and Jud had gone out."

WARNS WIFE

Jud has beaten Jane black and blue, uses vile language and curses her in the children's presence, yells at them, etc. Then later he seems sorry, cries like a baby, begs another chance, and promises to do better; but soon it's the same thing over again. He has told Jane he will kill her if she tries to have anything done with him . . .

"I have suggested that she talk to the Family Service; or see a lawyer, to get advice on how to improve the situation. She saw the Family Service once, after a violent incident, and was told they would talk to Jud. But she didn't want that, for fear he might kill her or one of the children . . .

"Can you help us? Should we go on as we have, keeping hands off? Or should we take steps, through a lawyer or social agency, to have the situation investigated? F.R.

NEEDS HELP

Dear F.R.: It seems obvious that the stress, strain and commotion of family life, with several small children and little income, is almost more than Jud can bear. So much responsibility, and so little comfort and security—of the kind he craves—is "enough to drive him crazy," as the saying goes.

"From what you say (in your long letter, here condensed), Jud must have had a pretty tough time of it, growing up. He missed an education, and evidently wasn't well loved, nor given a good example, either. Hence he just isn't geared to deal affectionately with others' needs—children's, particularly. He is himself too much of a child—also too warped and angry, too greedy for all he's never had—to take parental trials in stride, devotedly."

"For Jud's own sake, he ought to be relieved of the problem of family discord—to give him opportunity to "get right" with himself, about everything. He is a sick man,

ELEANOR ROSS

Make Housework Easier

Men like to say that women always do things in reverse. We don't park a car properly because we turn the wheels left when we mean to turn them right. We say one thing when we mean another; we cry when we're happy, when any sane person would expect us to laugh.

Well, if the men wanted to add one more thing, they could say we spend all our time cleaning the dirt out of our houses instead of keeping it from coming in! And they'd be right, for once!

MOP AND BROOM

Are you one of those industrious homemakers who labor away with mop and broom and feel very virtuous about it? If you're really efficient, you'll take measures, instead, to keep more of that dust and dirt where it belongs—outside the house. Then you won't have to go to all that trouble inside.

The place to fight dirt, come summer, is on the front porch and steps instead of in the hall. Keep the windows, screens and curtains clean and the floor and slipcovers won't collect as much dust.

Change your garden shoes at the back step and spare the kitchen floor.

SIMPLE MEASURES

These simple measures will save a lot of time and effort, because it is easier to mop a few steps than to mop a mile or two of floors after the dirt is tracked through the entire house. It's easier, too, to wash off the window sills than it is to deal with that same dust after it spreads all over the furniture. Also, it's better, if not easier, to train the family to use a basement sink or shower to get some of the dirt off before they bring it all upstairs.

Industrial plants work out their housekeeping problems so that the least work gets the best results. It's not a bad policy to adopt at home. So make it your aim to keep more dirt from coming in so that there'll be less to clean out. It might take a bit of mulling over and planning and perhaps changing some of the household routine, but the end result should mean less expenditures of time and effort, important in any season, but especially so in summer.



SUIT FROM PARIS

PARIS—This three-piece suit in Paris. The waistcoat is tailored consisting of jacket, skirt and waistcoat, is in a pale grey heringbone tweed and was designed

WOMEN

Page 8, The Guardian Thurs., April 26, 1956

LET'S EAT

Interesting Food Makes Breakfast Popular Meal

By Ida Bailey Allen

By IDA BAILEY ALLEN as directed. "Here in New Orleans, breakfasts are popular meals, Madame," remarked the Chef. "I do not mean merely brunch parties, but breakfast served from six-thirty in the morning on. When we visited New England I thought they served a large breakfast, but now I have changed my mind."

"Here in this hotel the main dishes include eggs in all forms, plain or with bacon, ham or pork sausage, grilled calf's liver, fillet or red snapper with sauce tartare, many hot breads including my favorite pecan waffles, and, of course, cafe au lait.

"And at Brennan's, Chef," I added, "breakfast includes exotic juices, grilled grapefruit, papaya, fresh fruit compote, a choice of grilled pompano, chicken livers with mushroom, chicken liver, delectable egg dishes such as eggs sardou or Benedict or fresh mushroom or Creole omelette."

"And these breakfast rooms are filled, Madame, proving that people enjoy eating breakfast when it is composed of interesting food, well prepared and attractively served."

Meantime, while many persons all over the country are deciding whether or not to be sensible and eat real breakfasts, let's build a dinner menu around the New Orleans breakfast favorite, Omelette Souffle Creole.

Tomorrow's Dinner: Clam Chowder; omelette souffle; hominy grits; carrot rounds; tossed green salad; pecan cinnamon rolls; spiced applesauce; coffee, tea or milk.

All measurements are level recipes proportioned to serve 4 to 6. Omelette Souffle Creole (Puffy Omelette): Separate the yolks from the whites of 5 eggs. Beat the whites stiff; the yolks until thick.

Stir 5 tbsps. hot water, 3/4 tsp. salt and 1/4 tsp. pepper into the yolks. Fold into the whites, but leave "blobs" of beaten whites floating about.

In a 9" frying pan melt 1 1/2 tbsps. butter. Pour in the omelette mixture. Gently cook until it begins to solidify. Lift around the edges with a spatula, so the uncooked portion contacts the bottom of the hot pan. Cook only until the omelette is pale golden brown on the bottom. Set in the oven a minute to cook the top.

Fold over and turn onto a hot platter. Garnish of parsley. Omelette Souffle Creole: Prepare omelette souffle. Before folding, spread with creole filling. Finish

Creole filling: In a small frying pan melt 2 tbsps. butter. Add 3/4 section crushed peeled garlic, 1 1/2 c minced celery, 2 slices minced onion and c. minced green pepper. Slow-saute 3 min.

Season with 1/2 tsp. salt and 2 dashes Tabasco. Add 1-2 c. solid-packed tomato. Stir-simmer until blended and reddish brown in color.

Pecan Cinnamon Rolls: Prepare hot roll mix as directed on the pkg. Let rise until doubled in size. Roll to 1/4" thickness; sprinkle with 1/4 c. chopped pecans and 1/4 c. brown sugar. Dot with 1 tbsps. butter. Roll like a jelly roll and cut pieces 1 1/2" wide.

In a 9" layer cake pan, spread a mixture of 3 tbsps. butter, 1/4 c. chopped pecans and 1/4 c. brown sugar. Place the rolls on this. Let rise again until almost doubled in size.

Bake 30 min. in a moderate oven, 375 degrees F. Makes 12.

Trick of the Chef: Into hominy grits stir butter, cooked sausage meat or diced ham, or crumbled cooked bacon to season.

"New Product Is Boon To Weary Housewives" Says Dartmouth Housewife

Here is a Letter from a Satisfied User.

"Dear Sirs: For some time now I've been listening to your radio program—the MAPLE LEAF JUNCTION and hearing the many letters that are read.

It was these letters that decided me to try your MAPLE LEAF LIQUID DETERGENT. And I owe a vote of thanks to all the writers of these letters, as MAPLE LEAF DETERGENT is all they say and more. What a boon to weary housewives. I'd never be without it. It sure saves time, both in dishpan and washer and it's so kind to my hands.

Thanks again for your wonderful MAPLE LEAF DETERGENT.

Sincerely, Mrs. Aubrey J. Mosher, Dartmouth, Nova Scotia. MAPLE LEAF LIQUID DETERGENT

TORONTO (CP)—Canadian National Telegraphs Monday neatly switched operations between two buildings four blocks apart within the wink of an eye. Circuits controlling the giant national network of telegraph, teletype, telephone, radio and television systems were cut out at the downtown office, Bay and Temperance, and cut in at a new office on Front street west, near the Union station.

SHAMA'S EVERYTHING IN FOOD

FRESH GROUND HAMBURG, lb. . . 29c

BONELESS — NO FAT — NO BONE CORNED BEEF, lb. 39c

BACON, sliced, lb. . . . 45c

ROAST PORK, lb. . . . 39c

ROAST BEEF, lb. . . . 43c

STEAK, round, lb. . . . 59c

CORNED SPARE RIBS, 4 lbs. . . . 59c

FISH

FRESH HERRING

Frozen Cod Fillets, lb. 29c

Fresh Cod Fillets, lb. 35c

Frozen Haddock Fillets, lb. 39c

Fresh Haddock Fillets, lb. 45c

Smoked Fish Sticks, pkg. 39c

Kipper Herring, lb. . . . 35c

Digby, box 39c

SOMETHING NEW — "CHEESE FURTERS" 45c

FRANKFURTERS with CHEESE — SPECIAL, lb.

10 Lb. Bag Lantic SUGAR 83c

Broken Pekoe TEA, lb. 79c

Perfection MILK, 6 tins 79c

Thrifty Pak — 20 oz. PEAS, 2 tins 35c

SALADA TEA, 1/2 lb. . . . 59c

Aylmer — 24 Oz. MARMALADE, 3 jars . . . \$1.00

peanut BUTTER 43c

MAPLE SYRUP, qt. 59c

BEANS, 2 tins 43c

SHORTENING, 2 lbs. . . . 57c

PICKLES, 16 oz. 29c

Home Made Sweet MIXED PICKLES, 16 oz. . . 29c

Morse's COFFEE, lb. tin \$1.09

Fruit & Vegetable Dept.

Sunkist ORANGES, 344's, 2 doz. 59c

NEW CARROTS, 3 lbs. 29c

NEW ONIONS, 3 lbs. 25c

BANANAS, lb. 21c

Robin Hood 25 LB. BAG \$1.69 2 for 49c

211 Euston St. DIAL 8224 Free Delivery

ANNE ADAMS PATTERNS



LINGERIE NEWS!

Sizes up to 52 can enjoy the wonderful comfort and good looks of this bra-slip combination! It's the new all-in-one lingerie designed especially for a smooth, flattering line. Regular or built-up shoulder style; zips at the side for perfect fit!

Pattern 4896: Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50, 52. Size 36 takes 3 3/4 yards 35-inch.

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, Ontario.

33 BIG SERVINGS IN EVERY 13 QT. BAG

IMPORTED FAMOUS WILLOW PATTERN CUP OR SAUCER IN EACH 13 QT. BAG. CRYSTAL CLEAR SAFE-SIP TUMBLER IN EACH 5 AND 8 QT. BAG.

IT'S SPRING, AND SALE TIME AGAIN AT "THE GLORIA LADIES' WEAR"

SALE STARTS WEDNESDAY AT 9 A. M. AND ENDS SAT. NOON

In order to make space for new Summer merchandise which is arriving daily, we are offering you racks of Beautiful SPRING DRESSES at 20% OFF the regular price. The sizes range from 36 to 52 and the selection is wide.

Also on the above days you can buy BLOUSES, SKIRTS, SWEATERS, LINGERIE, GLOVES and HANDBAGS at a 20% Discount. Don't miss this opportunity to save money on your Spring accessories.

CLOTH COATS (last season's) — Clearing at 33 1/3 OFF REGULAR PRICE.

Women's Pretty Cotton HOUSE DRESSES, reg. \$2.98—ON SALE . . . \$1.98

NYLON HOSE — 45 and 51 Gauge — On Sale 89c

BUY NOW AND SAVE AT "THE GLORIA LADIES' WEAR" 179 GRAFTON ST.

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baby soft, for you who prefer extra luxury.

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LOCKS HINDER FIREMEN

OSHAWA (CP)—Twelve persons, including a five-year-old boy, were forced from their apartments when fire broke out in the basement of a drug store here Sunday night. Firemen said they were hampered by strong security locks that prevented them from entering the building for half an hour. Fire chief Ray Hobbs said: "The place was locked tighter than a vault."