

LET'S EAT

Many-Purpose Gelatin In Variety Of Dishes

By Ida Bailey Allen

"Keeping up with new foods and learning better and quicker methods of cooking is a fascinating challenge to homemakers," I remarked to the Chef.

"For instance, there's the modern art of 'gel' cookery we've been working on."

"Which is the preparation of all types of soups, savory main dishes, jellies, savory and sweet salads, desserts of many kinds, chiffon pies, cake fillings, even candies and confections," added the Chef.

This week the Chef and I are going to give a variety of new, easy-to-prepare recipes especially created for warm-weather eating.

Refreshing Rhubarb Gel: Sprinkle 1 envelope unflavored gelatin over 1/4 c. cold water; stir into 2 c. well-seasoned stewed rhubarb, cooked with 2 cloves. Cool, bar, cook into individual molds. Refrigerate about 3 hrs. or until firm enough to unmold. Garnish with slightly sweetened dairy sour cream, dusted with cinnamon.

Tomorrow's Dinner: Tossed lettuce-romaine salad; braised lamb California; flaky potatoes; minted carrots; rhubarb gel with sour cream topping; coffee, tea or milk.

All measurements are level unless otherwise stated. Order for 4 to 6. Braised Lamb California: Order a 4-5 lb. shoulder of lamb boned and rolled. Mix 3 tsp. enriched flour, 1 1/2 tsp. salt, 1 tsp. monosodium glutamate and 1/4 tsp. pepper and rub in.

In a 4-5 qt. heavy saucepan, melt 2 tsp. bacon drippings or other fat. In it, slow-brown the lamb on all sides.

Add 1/2 c. each chopped peeled onion, carrots and celery; 2 tsp. chopped parsley, 1 mashed peeled potato, 1 bayleaf, 4 peppercorns (seeds removed) and 2 c. tomato juice.

Cover. Simmer 2-2 1/2 hours or until the meat is fork-tender. Slice and arrange on a heated platter. Pour over gravy made from the residue in the pan. Garnish with parsley.

WOMEN

Page 8, The Guardian Thurs., May 31 1956

HAPPENINGS

Miss Mary Whiteside, daughter of Mr. and Mrs. G.B. Whiteside, has recently returned from a short holiday in Toronto and Welland, Ontario. A Junior in Arts at Dalhousie University, Miss Whiteside was a bridesmaid at the marriage of her cousin, Miss Joyce Thompson to Mr. William Ratcliffe of Vancouver. She was also a guest of Miss Laurene Wood and Mr. and Mrs. Donald MacLeod.

A congregation of eleven hundred attended the graduation exercises of Loretta College School, Toronto. Each graduate wore a narrow floral crown set in her hair, a long white bouffant style dress and carried a sheaf of red roses. The graduation sermon was delivered by the Very Reverend James Elliott MacGuigan, rector of the Jesuit Seminary in Toronto. Father MacGuigan used an Olympic comparison. He said: "Graduation is something like the torch race in Olympic games. All the contestants left the starting line with lit torches and the winner was not the first person to reach the goal, but the first one to reach it with the torch still lit."

He admonished the graduation class to be "women of prayer". And continued: "As women of prayer you can bring home hope and confidence to a world that is pessimistic and disgruntled."

Father MacGuigan is a son of the late Dr. J.D. MacGuigan, Charlottetown.

Miss Jessie Fraser who is shortly to leave the province for her home in Bridgetown, N. C. v. a Scotia, will be greatly missed in the educational, cultural, and social life of the province. Miss Fraser plans to attend the international congress of the Business and Professional Women's Club held this summer in Montreal.

From one end of Canada to another women are holding positions in practically every department of our national life, and gaining unique honours, as shown in a remarkable list containing the names of over 800 women which has just been released by Mrs. G.R.D. Laycock, National President of the Canadian Federation of Business and Professional Women's Clubs.

It is published in the current issue of "The Business and Professional Woman."

Senator Elsie Inman is prominently mentioned.

There are as yet few women appointed as Judges. The first woman County Court Judge in Canada is Judge Helen Kinnear, of Halifax.

mand County, Ontario. Judge Marie McLaughlin is Judge of the Probate Court for Victoria County in New Brunswick, and Miss E. Lorraine Johnston was appointed last year as Judge of the Vancouver Juvenile and Family Court. There are two Juvenile and Family Court Judges in Ontario; Judge Marjorie Hamilton of Barrie and Judge Daisy Graydon of Brampton.

Two women have been created Queen's Counsel this year: Miss Mildred McMurray of Winnipeg and Miss Helen Grossman of Toronto. Miss Violet King of Calgary is the only negro woman to graduate in law from the University of Alberta and is practising in Alberta at the present time.

Mrs. Elizabeth Hagel of Yellowknife is the first woman appointed as Public Administrator for the Northwest Territories. Mrs. Irma Patterson Morrison of Charlottetown is the only woman chartered accountant in Prince Edward Island. In Quebec Mlle. Alice Beauchamp is the first woman appointed as a Justice of the Peace. She is the first woman coroner in Canada is Miss Isabel Buchanan Stewart of Fort Chippewyan.

In Newfoundland Miss Anita Wilson of St. John's has been made a director in the firm of Bowring Bros. Ltd., and Miss Jean Howard has been appointed Vice-President of the National Women's Club of Chicago. Miss Margaret Kessler of Viceroy and Regina is Vice-President of the group.

Huguette Plamondon has been elected by acclamation as President of the 30,000 member Montreal Labour Council.

Canada has a "Honey Queen" in the person of Mrs. J.W. Kent of Pamburn, Saskatchewan, and the "World's Oats Queen" is Miss Grace Koshman of Abee, Alberta. A village in Israel has been named "The Nina Cohen Settlement" in honour of Mrs. Nina Cohen of Sydney, Nova Scotia.

The list from which the above information was taken is the authoritative list of women in public life in Canada, and has been compiled by the Canadian Federation's Survey and Research Committee under the chairmanship of Miss Elsie Gregory MacGill, P. Eng., consultant in aeronautical engineering, author of "My Mother, the Judge," and herself the recipient of many unique honours.



Stewart-Maclure

On Saturday, May 12th, a very picturesque wedding was solemnized at St. Andrew's Presbyterian Church, Montague, when Margaret Isobel MacLure, daughter of Mr. and Mrs. Chester G. MacLure, Montague, became the bride of Harold Clarence Stewart, son of Mr. and Mrs. Carl S. Stewart, Montague.

The church was beautifully decorated with white and yellow flowers. Rev. D. A. Campbell officiated with Rev. Bryer Jones assisting. The organist was Mrs. F. Campbell, with Mr. Robert Murray as guest soloist, capably rendering, "The Lord's Prayer," before the bridal party entered the church, and "O Promise Me," during the signing of the register.

Given in marriage by her father, the bride wore a floor length gown of slipper satin with an overskirt of embroidered nylon net, the bodice was styled with a sweetheart neckline and matching jacket, the sleeves coming to a point over the hands. The finger-tips of French illusion fell from a peaked headpiece of satin and carried cascade bouquets of white carnations.

Mrs. Carl MacLure, Charlottetown, sister-in-law of the bride, was matron of honour, and Miss Betty Ann Miller, Charlottetown, and Miss Josine Waterworth, Montague, cousins of the bride, were bridesmaids. All were similarly gowned in shrimp nylon tulle with matching hats, and carried cascade bouquets of white carnations.

Mr. Carl MacLure, Charlottetown, brother of the bride, was best man. The ushers were: Mr.

Bryer Llewellyn, Charlottetown, uncle of the bride and Mr. George Nicholson, Montague.

The bride's mother wore a pale blue wool suit with navy and white accessories and a corsage of American Beauty roses. The groom's mother chose a pale blue nylon organza dress with black and white accessories and a corsage of pink roses.

For reception followed at the Church Hall, very capably catered to by the Young Women's Guild. Mrs. Harry Miller, Murray Harbour North, aunt of the bride, and Mrs. William Downe, Charlottetown, grandmother of the groom, served the guests were: Mrs. Bryer Llewellyn, Mrs. Myron Weeks, Miss Peggy Beck and Mrs. Elsie Waterworth. Miss Vera Beck was in charge of the guest book.

The toast to the bride was proposed by Rev. D. A. Campbell. For travelling, the bride chose a winter white flecked wool suit with black and pink accessories and a corsage of pink carnations.

Mr. and Mrs. Stewart will reside in Halifax, where the groom is a Dental student at Dalhousie University.

Pleading in court for a reduction of the \$45 he was paying his estranged wife weekly, a Chicago man informed the judge that \$10 of the amount was earmarked for feeding his wife's five cats.

The first air mail letter ever sent is said to have been one carried across the English Channel in a balloon piloted by an American and delivered to Benjamin Franklin on December 7, 1785.

KEEP IN TRIM

How To Banish That Girdle Top Roll

By Ida Jean Kain

It may give you quite a turn to find that after whitening the waist to a neat and tidy size, there is still an annoying roll of fat that pops up above the girdle top. Disgraced reducers are asking you to do about it.

In the beginning, this midriff bulge rolled up from the calories that topped the daily requirements, but the spare-tire effect that persists is caused by compressing the figure at the waist.

Get into the disciplinary habit of leaning resolutely against your backbone instead of the girdle. Then pull the ribcage away from the girdle top, but keep shoulders relaxed and down. This serves to centre the muscle control where you want it—through the midsection. Try this puller-upper.

Position: standing with back against wall, arms down at sides. Movement: Lift an imaginary weight, very slowly, bringing the arms up till you are holding a 25-pound weight overhead. It's heavy, so pull against the resistance, feeling the slimming, toning action all through the middle measurement as well as in the bust supporting muscles.

SIDE BENDING, TOO
The fastest means of banishing the bulge is stretching combined with side-bending. This restores tone to the muscles that bound the areas. Back this up by pulling slim through the middle measurement instead of seeing for the bulge. You can really make time with a few stretchers.

Position: Standing with left side toward wall. Now move an arm's distance away and place palm of left hand flat against wall, elbow straight. Right arm is stretched above head . . . head held up.

Movement: Bend sideways toward wall, arching right arm. bend until fingertips touch wall. No fair letting hip jut out, and keep that left arm straight . . . make the midriff muscles give with the bend. Repeat 3 times, change sides and bend again, making the muscles bounding the other side give. If you can't touch the wall at first, don't strain. Practice will lessen the distance and your waistline. Later, to increase the bend, stand with fingertips against wall and repeat this exercise.

Now add a twist . . . but only if your back is normally strong. Position: Standing, feet well apart, arms stretched overhead. Movement: Twist at the waist, but only a quarter of the way around, hold the twist and bend to the sideback, and smoothly pull off bulge. Then, still holding quarter twist, execute a forward bend from that angle. Relax. Do a quarter twist in the other direction, bend to sideback, then follow through with forward bend. This reaches the bulge from every angle.

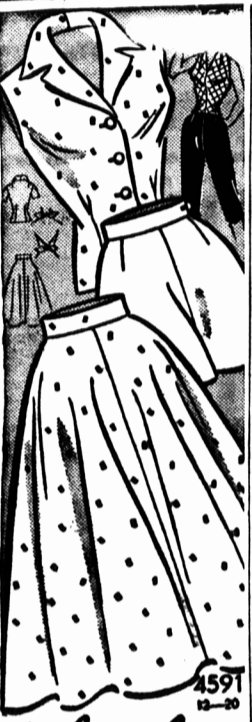
Words Of The Wise

To him whose elastic and vigorous thought keeps pace with the sun, the day is a perpetual morning.—(Henry David Thoreau.)

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Pattern 4591: Misses' Sizes 12, 14, 16, 18, 20. Size 16 shirt takes 1 5/8 yards; 35-inch fabric; skirt, 3 3/4 yards; shorts, 1 yard.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send THIRTY-FIVE CENTS (35 in coins (stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to Anne Adams, care of Guardian, Pattern Dept., 60 Front St. West Toronto, Ont.

MORNING SMILE

"Mr. Chairman, I propose numbers be restricted at the annual dinner," said a member of an angling club.

"For what reason, Mr. Bile?"

"Well, sir, there wasn't enough elbow room to talk last year."

HOUSEHOLD HINT

Doing spot cleaning before putting clothes into the machine. You'll find a wet brush, dipped into a small container of washing powder, is very effective.

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This 1 washes as many dishes, pots and pans as these 2

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Mrs. John A. Reid, Thornburn, Nova Scotia

"It makes such abundance of suds that I feel Maple Leaf Liquid Detergent is one of the best and cheapest detergents."
Mrs. W. A. Blair, River John, N.S.

"It saves us money too. I think Maple Leaf Liquid Detergent is wonderful."
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Mrs. Russell Balloug, Peggwash, N.S.

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CONFIDENTIALLY YOURS
—by Byrne Hope Sanders

MONTREAL, May 31st—Came home utterly exhausted . . . this afternoon, but felt fine in a few minutes—with a hot cup of the new INSTANT CHASE & SANBORN COFFEE. . . Now, because of its exclusive "gentle-brewing" process, Instant Chase & Sanborn has the full flavor of real coffee—ready in a moment! You'll find there's no more of that scorched odor or scalded taste — a dry skin — today — and "My Mother, the Judge," is thrilled!

Just look through the window in the side of the jar and see the delicate coffee color of this new Instant Chase & Sanborn — ready to brew you coffee at the absolute peak of enjoyment!

Lucky Baby! . . . if Mother is wise, and uses FARMER'S WIFE! You'll find that your baby really loves this formula milk. And you can get just the right type for your own baby's needs! Ask your doctor about Farmer's Milk (Red Label) or baby's formula — Whole Milk (Red Label) or Partly Skimmed Milk (Blue Label) or Skimmed Milk (Yellow Label) . . . Farmer's Wife Partly Skimmed Milk was originally prepared at the request of pediatricians — and is a high protein — low-fat concentrated milk with Vitamin D content increased. Vacuum packed in a golden lined tin — to protect the fresh, natural flavor and wholesome nourishment!

Never Again . . . need you be troubled with the problems of a dry skin! So und pretty, positive, don't I — and I am, because of the discovery I've made of Lanolin Plus Liquid. It's an exclusive, patented formula high in lanolin — Nature's own lubricant . . . and does wonders for skin of any kind. Use LANOLIN PLUS LIQUID as a night-cream, cleanser, make-up base. You'll find this unique, golden liquid has no stickiness, and is absorbed into your skin quickly. It has a subtle fragrance that makes it still more of a delight to use. Do get some today — and use it faithfully. . . I know you'll be thrilled!

A Flash Of Turquoise . . . and Sir Isaac is perched on the edge of my book, eyeing me solemnly. I know what he wants — a little playtime, teaching him tricks.

I'm starting with the simplest one — getting him to step on a little perch when it's held in front of him. He does it readily, as he's used to our fingers. You'll find that Budgies respond quickly to a little personal attention . . . and to your affection. Sir Isaac is in perfect health, I'm glad to report . . . with a keen appetite for his well-balanced BROCK'S NATURAL FEEDING DIET . . . Hope you have a Budgie of your own!

Earn \$10 . . . for your favorite cheese recipe using one of BORDEN'S fine products. Borden's pays \$10 each week for the best \$10 goes to Mrs. J. O'Donovan of Winnipeg, Man., for this idea.

Jelly Cheese Fingers
3 cups sifted powder 1/2 cup Cheddar Cheese, grated
1/4 tsp. salt 1/4 cup butter
1/4 tsp. baking powder 1/4 cup grape or apple jelly
1 tbs. brown sugar 1/4 cup grated cheese.
Mix sugar, salt, baking powder and brown sugar; add grated cheese. With pastry blender cut in butter until mixture looks like coarse crumbs. Press in the edges. Cover with remaining crumbs, press lightly. Cook in 350 deg. oven about 30 min. Cool and cut in fingers.

If similar recipes are submitted and chosen, then the first one received is the winner. Send your favorite family cheese ideas to me at Confidentiality Yours, 1411 Crescent St., Montreal. You, too, may win \$10!

Want A Useful Tip? Keep half-a-dozen packages of the rich — flavored LIPTON SOUPS always on hand — quick but delicious dishes that taste as if they've been prepared by the finest chefs! Lipton Onion Soup — Beef Noodle — Tomato Vegetable — or Chicken Noodle — are all good in sauces, gravies, casseroles, soups. Experiment with them to find new delights in cooking. For instance: Swiss Steak with Lipton Onion Soup. Bring 2 cups water to a boil; add one package Lipton Onion Soup. Pound 1/2 cup flour into 1 lb. of round steak and brown in melted butter or margarine. Pour soup over steak; cook in 350° oven for 1 to 1 1/4 hours. Serves 6-8.

Like Your Children, your home needs to be washed, cleaned, repaired and tended! Your home, too, must keep pace with the growth of your family — which sometimes means adding on an extra room or two, building a garage or carport, or having the basement made into a playroom or workshop. If you have plans for your house, don't delay them for lack of ready cash. Ask your local BANK OF MONTREAL manager about a Home Improvement Loan. B.I.L.s are inexpensive — only 3 1/2% interest, per annum — and repayable in equal monthly installments. You can get a Home Improvement Loan for nearly every worthwhile purpose about your house. Why not see your B of M manager today!

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