

"Trade Secret" Dishes In Different Versions

By Ida Bailey Allen

The old house, in the French Quarter of New Orleans, was once owned by Idah Benjamin Treasurer of the Confederacy.

At one end of the patio, on a raised platform, Josef, the proprietor, was serving appetizers and hors d'oeuvres.

Nobody stood on ceremony. The guests chatted whether they had met before or not. There were no menu cards, but somehow Josef announced what was for dinner and took orders for the main dishes.

"How do you manage with so small a staff, Josef?" I asked. "Every morning at daybreak," he said, "I go to the market to select the best quality foods.

"When time comes to serve, the chef prepares the basic dishes and adds the sauce; the kitchen man cooks the vegetables and prepares the salads ready to toss.

CUSTARD DESSERTS "Josette is responsible for the custard desserts and the fruit-keeping. Either the maitre d or I will prepare and serve the fruit or ice cream flambes.

"The secret of this smooth running schedule, Madame, is in the preparation in advance. We get a good early morning start, therefore no nervousness."

This is a tip for the homemaker-horesses. Josef's specialite of boned chicken stuffed with liver pate and Josette's special French bread custard are trade secrets. However, I'm giving my own versions which I hope you will enjoy.

Dinner French Quarter: Tomato

juice cocktail; warm French bread oysters baked or in the shell; chicken stuffed with liver pate; green beans; tiny potatoes russikee tossed salad of romaine and cucumber; apricot custard mold; a la New Orleans; Coffee, tea or milk.

All measurements are level re- cipies proportioned to serve 4 to 6. Chicken Stuffed with Liver Pate: Rub 3 split, cleaned broiling chicken with butter. Dust with salt.

Fill the hollows with liver pate stuffing. Press in, dot with butter, cover and bake 45 min. or until browned, in a hot oven 400 degrees F. Baste once with additional hot butter and the juice of 1 lemon.

Serve with sauce. Bouillabaise as previously given by our Chef. Liver Pate Stuffing: To 1/2 pkg. prepared poultry stuffing add 1 egg 1/2 c. minced fresh mushrooms sauteed in 1/4 c. butter. 1 c. liver pate, 1/2 section crushed peeled parrot, 1/3 c. minced celery and 2 tbsps. minced parsley.

Apricot Custard Mold a la New Orleans: According to pkg. directions, put together 1 pkg. custard, top with fine filling dessert. Add 1 tsp. fine-grated orange rind. Slowly cook over a medium heat about 7 min. Stir and beat in 1 c. fine fine 1 light ly stale enriched bread crumbs.

Transfer to custard cups; refrigerate. Unmold on serving plate. Generously spoon chilled apricot sauce over it. Apricot Sauce: In a saucepan, combine 1/2 lb. dried apricots and 2 c. water. Slowly bring to a boil. Simmer about 25 min., or until soft. Rub through a sieve. Stir in 1/2 c. sugar. Chill.

Trick of the Chef: Season oysters on the half shell with minced tarragon and lemon juice.

Tomorrow's Dinner: Vegetable soup; radishes; scallions; fish fillets saute; with mushroom sauce; parsley potatoes; dandelion green apple nut cup cakes; coffee, tea or milk.

ELLEN'S DIARY

A Farmwife Passes

Yes, at last, and we are content, all in good time, the frogs are into their piping. Bringing back to us every last and gone springtime, every promise of fair springs to come, we stopped on a verandah to hear them in the dusk of this evening.

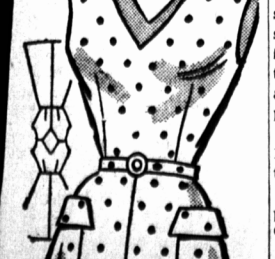
This was a gentle dusk. It came down from the hills to our valley between showers, bringing with it and the lights, after a day that had been cool and gray, and discouraging to the field-work.

"We're so accustomed to speed these days, to machines and switches and the like that we rather expect to bring on the night with it, and the lights, after a day that had been cool and gray, and discouraging to the field-work.

With a mist of shower veiling the far country side and falling gently about, kin and friends saddened over her sudden passing, saw a coffin lower "earth to earth" in a cemetery of the community this afternoon.

"Words Of The Wise" A propensity to hope and joy is real riches. —(David Hume)

ANNE ADAMS PATTERNS



HALF-SIZE FASHION Beautiful basic — the perfect dress for now through summer. A smart sun-style, with simple lines so flattering to the shorter, fuller figure.

Send THIRTY-FIVE CENTS (35 cents in coins stamps cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

MORNING SMILE Man—That fellow's driving his car so carefully that I think he must be a new driver. Neighbor—No, he just paid cash for the car.

HOUSEHOLD HINT For household records, it's a good idea to keep duplicate copies of tax returns, marriage or divorce records, naturalization papers, birth certificates, wills, and papers that pertain to property ownership.

WOMEN

Page 8, The Guardian Wed., May 23, 1956

MRS. GORDON MacMILLAN

A COUNTRY GARDEN

SPRINGTIME

In country gardens at this season of the year the countrywoman is busy planning for the color and beauty of her garden in the summer months while she is enjoying the early spring flowers and fragrance.

It is a busy, happy time and many seasonal tasks must be done but if she wants a garden, moments can be squeezed out of the busy days.

Hardy shrubs with packets of annual seeds should make a lovely garden even in one year of gardening. From my own experience I have found the hardy annuals which are sown in the ground to be the most suitable for busy country gardeners.

When planning a site for the garden, choose a sunny place with a background of trees, shrubs, fences or walls, and with a lovely view if possible. Then prepare the soil. This is an easy matter on the farm where there is such a variety of good soils.

There are some annuals which need a long season to grow and there are others needing only the care and culture necessary to the growing of lettuce or radishes.

Among these are the dozens and dozens of varieties of Zinnias and Marigolds. It is in the combination of color that the beautiful garden is made, and the gardener can be an artist working with growing plants.

It is the most interesting of the creative arts and requires all the skill and knowledge it is possible to obtain as plants are changing and growing every hour of the day.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

It is in fact, I am quite sure that most of us will fall into this class of gardeners, especially on busy farms in the spring season when so many necessary tasks must be done this month.

STONE

The Arabis is a fragrant snowy mound of flowers and now the Iberis or perennial Candytuft is opening its flowers, long lasting and beautiful with the evergreen foliage. The violet, may boast itself the fairest flower in glen, or copse or dingle, according to the Scottish poet, Sir Walter Scott.

Every day the garden looks more like a garden and the scars of the winter season are being covered with the green grass and the early perennials. It is fun to find so many of the old plants making good growth.

Mr. and Mrs. George Inman have as their guests, Mrs. Inman's sister and brother-in-law, Dr. and Mrs. Willard MacKay, Dr. MacKay, whose home is in Clinton, P.E.I. graduated last week from Dalhousie University, winning the "Reardon and Miller" prize.

Mr. and Mrs. Louis D. Johnston, their young son, Ian and Mr. Douglas Johnston have returned to Montague for the summer months, and are visiting with their parents, Dr. and Mrs. L.A. Johnston.

Mrs. Wilfred Giffin and young son, Randy, Halifax, visiting Mrs. Giffin's parents, Mr. and Mrs. Robert Beck.

Mr. Robert Kaye and Mr. Charles Moffett, Editor of the Sackville Tribune, were weekend guests of Dr. and Mrs. George Inman, Montague.

Mr. and Mrs. Donald Buntain and their children Bruce Brenda Joe, Paul and Peter have recently been visiting Mr. and Mrs. Chester Buntain, Mr. and Mrs. Donald Buntain have recently moved into a very beautiful new home in Dartmouth, Nova Scotia.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

HAPPENINGS

Many relatives and friends are looking forward to attending the convocation exercises of Prince of Wales College, held at the College Auditorium, May twenty-fifth, at ten o'clock, a.m.

Mr. David Vail, student at Saint John Vocational School, as trainee with the Department of Transport spent the weekend in Charlottetown with his parents, Mr. and Mrs. Hilton Vail.

Dr. and Mrs. George Inman have as their guests, Mrs. Inman's sister and brother-in-law, Dr. and Mrs. Willard MacKay, Dr. MacKay, whose home is in Clinton, P.E.I. graduated last week from Dalhousie University, winning the "Reardon and Miller" prize.

Mr. and Mrs. Louis D. Johnston, their young son, Ian and Mr. Douglas Johnston have returned to Montague for the summer months, and are visiting with their parents, Dr. and Mrs. L.A. Johnston.

Mrs. Wilfred Giffin and young son, Randy, Halifax, visiting Mrs. Giffin's parents, Mr. and Mrs. Robert Beck.

Mr. Robert Kaye and Mr. Charles Moffett, Editor of the Sackville Tribune, were weekend guests of Dr. and Mrs. George Inman, Montague.

Mr. and Mrs. Donald Buntain and their children Bruce Brenda Joe, Paul and Peter have recently been visiting Mr. and Mrs. Chester Buntain, Mr. and Mrs. Donald Buntain have recently moved into a very beautiful new home in Dartmouth, Nova Scotia.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

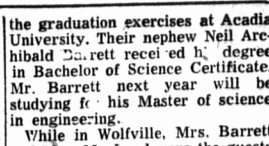
Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

COOK'S CORNER



NANCY'S CHOCOLATE FUDGE 2 cups brown sugar 2 tablespoons cocoa 1/2 cup of milk

Mix altogether and bring to a boil, then cook slowly until it forms a soft ball. Then add 1/2 cup chopped nuts, 1/2 teaspoon vanilla, and 2 teaspoons of butter.

Beat until rich and creamy. Pour out on a buttered pan to cool. Cut in squares.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

Mrs. R.H. Barrett and Mrs. J.S. MacLeod, Hunter River, attended the graduation exercises at Acadia University. Their nephew Neil Archibald Barrett received his degree in Bachelor of Science Certificate.

Mr. and Mrs. George Inman, Montague, were weekend guests of Dr. and Mrs. Cecil Stewart Parsons.

From Wolfville, Mrs. Barrett and Mrs. MacLeod went on to Fredericton where they attended the graduation of their niece, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Science Certificate.

Mr. and Mrs. J.H. Howatt, Richmond Street, returned from a visit to Montreal and Ottawa. While in Ottawa they visited Charlie Milton. His many friends here will be sorry to hear he has to enter hospital for treatment.

Mr. and Mrs. Reagh L. Barret, Wheatley River, have been in Fredericton to attend the graduation of their daughter, Mrs. Gertrude Barrett, B.Sc. in Bachelor of Arts.

KEEP IN TRIM



The Real Secret Of Successful Slimming

Overweights are ever hopeful of finding some special secret of success in reducing. Following the story of the reducing "miracle" of the woman who lost 150 pounds—reducing from 285 to 135 pounds—many of you have written asking for her "secret." This is a typical example...

"I've been so thrilled over the story of the lady who lost 150 pounds. I've tried to diet, but it seems I can't get anywhere. I lose a few pounds and then gain them right back. Maybe the lady who reduced so marvelously will take pity on us heavyweights and let us know her secret..."

You may not believe this, or even want to believe it, but the secret lies in your attitude toward the problem. It may be that you gain weight on less food than many others can eat without piling on

Science has taken all the guesswork out of reducing. Calories are the measure of the fuel value of food, and also the measure of the body's fuel expenditure. When calories are cut below the amount used, nature draws on body fat—that's reducing. Since body fat contains approximately 3,500 calories per pound, calorie arithmetic isn't so difficult. On a food pattern that furnishes 1100 calories a day, the average woman who normally uses 2000 calories can lose around two pounds a week. A man can reduce on 1300 to 1400 calories daily.

into sore muscles, joints. Actually helps drive away pain-causing pressure and congestion. Used by doctors in England, France and the U.S.A., this remarkable cream is now available without prescription at drug stores everywhere. Ask for InfraRUB. Only \$1.39 a large tube. InfraRUB is guaranteed to give comforting relief from arthritis-rheumatism pains or your money back.

THE HEINZ CHEF SUGGESTS THIS WEEK HEINZ CREAM OF TOMATO SOUP

Here's a blend of all that's good—plump, sun-drenched Aristocrat tomatoes, sweet, thick country cream, choice spices. You'll find their flavour captured in Heinz Cream of Tomato Soup. Buy some soon.

HEINZ SOUPS

SAVES ME 22¢ A PINT! AEROWAX is Double-Rich in Wax! Contains twice as much wax as "hard-finish" brands!

RECEIVES B.A. Miss Wilma Wood recently received her Bachelor of Arts degree from Dalhousie University where she majored in Psychology.

Bringing Up Baby. Sighing over that sweet pre-baby figure that somehow has never quite come back? Why not try these common-sense suggestions?

More on the subject of strength. Proteins, as you probably know, are the great strength-givers—the body-building materials so vital to growth and muscle development.

Snip tip. Baby outgrowing that knit suit? Snip off the crotch; hem and presto! You're a polo shirt.

Special treats for your sweet. Babies develop a "sweet tooth" all too quickly.