



Women

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IDA BAILEY ALLEN

Skim Milk Very Useful Making Low-Fat Meals

By IDA BAILEY ALLEN
Both whole and homogenized milk contain full cream or butter-fat generally undesirable in low-fat meals.

Before the days of homogenization, the cream rising to the "top of the bottle" was poured off to be used for coffee or cereal and the "skim" milk was used for cooking.

CAN'T SEPARATE CREAM
Today, much of the milk sold is homogenized and the cream cannot be separated from it. So in preparing low-fat meals, it is advisable to buy skim milk, or use reconstituted packaged instant non-fat milk crystals for cooking and as a beverage.

As a rule active children should drink two or three glasses of homogenized milk a day. But if they are overweight, tubby youngsters, the doctor may suggest skim milk for drinking.

Blended cream is the answer, as it saves calories and tastes luxurious. Use it in coffee, with cereals, desserts and fruits.

Measurements are level
Measled Cream: Shake thoroughly together in jar, 2 c. reconstituted dry milk crystals, 1

Models chosen to "take part in portraying the "Magic of Milk and Fox" are: Mrs. A. W. Rogers, Mrs. Alfred MacNeill, Mrs. A. G. MacMillan, Mrs. J. K. L. Irwin, Mrs. T. D. Laidlaw and Mrs. Ernest Lord.

Prince Edward Island, the original home of the silver fox, is still out in front in producing the world's finest ranched foxes as will be evidenced at the Fashion Show. Canadian and Opaline Brand fox will play a glamorous role. Some of the garments being modelled are being supplied by the Canadian National Silver Fox Breeders' Association and the Island Furriers Ltd.

Mr. Alfred Clevon, Manager and chief auctioneer of the Hudson's Bay Co. of Montreal, will be in for a busy but enjoyable evening in his role of commentator.

small can evaporated milk (not sweetened) and 1 c. light (coffee) cream. Makes about 3/4 c. Cover and refrigerate.

Use with coffee, cereals, desserts and fruits.
Evaporated milk, when used undiluted in coffee or over cereals, has approximately half the calorie content of heavy cream.

LOW-FAT DINNER
Tossed Bran-Raw-Vegetable Salad
Lamb Shank Ragout with Potatoes and Green Beans
Savory Noodles
Baked Custards
Honeyed Sliced Peaches

COFFEE
Tossed Bran - Raw - Vegetable Salad: Arrange shredded lettuce or combination of lettuce and cress in salad bowl; strewn over 1-3 c. bran cereal, 1-3 c. grated raw carrot, 1-3 c. minced celery and 1-3 c. grated raw beets. Toss with Low-Cal. Tomato French Dressing, and seasoned salt to taste.

Serves 6.
Low - Calorie Tomato French Dressing: In pt. jar combine 1 c. tomato juice, 1/4 c. olive and corn oil; 2 tsp. vinegar (elder, tarragon or wine), 1/4 tsp. dry mustard, 1/2 tsp. Worcestershire sauce, 3/4 tsp. salt, and 3 drops Tabasco. Add 3 drops liquid garlic if desired.

Shake thoroughly each time before using.
Make 1 1/3 c.
Lamb Shank Ragout: Order 4

Use lamb bones together with quick-cooking barley and seasonal vegetables to make a lunch-coq soup.

TRICK OF THE CHEF
Cook noodles in plenty of boiling water flavored with beef broth powder. Drain, no butter will be needed. Dust with minced parsley.

Hart-Maynard Vows Pledged In Pretty Autumn Ceremony

Mixed bouquets of multi-colored gladioli and dahlias created the floral setting for a pretty wedding in St. Mary's Anglican Church, Summerside, on Oct. 17 at 3 p.m. when Doreen Janette, daughter of Mr and Mrs Earle Maynard, became the bride of William Edgar Hart, son of Mr and Mrs. Corbett Hart, St. John's, Newfoundland. Rev. B. Fream performed the double ring ceremony. Mr. Lowell Huestis was organist and accompanied Mr. Robert Schurman as he sang "O Promise Me" previous to the ceremony and "I'll Walk Beside You" during the signing of the register.

The bride, given in marriage by her father, was lovely in her ballerina length wedding gown of French silk velvet, full skirt and the bodice trimmed with French crepe. The waist length veil was held in place with a crown of seed pearls and she carried a bouquet of blue tinted carnations.

Mrs. Victor Black of Halifax, N.S. as matron of honor, was gowned in blue velvet, full skirt with collar and cuffs of matching blue satin her head-dress was a matching blue feather hat and she carried a bouquet of pink carnations encircled with white mums.

Mr. George Benson was best man. Messrs. Donald Maynard, brother of the bride, and Joseph Baltzer of Halifax, NS, ushered the guests to their pews.

Mrs. Maynard chose for her daughter's wedding a champagne satin skirt with matching lace bodice. Her accessories were a brown feather hat, mink furs and a corsage of pink carnations.

A reception for fifty guests was held at the Birch Hill Lodge where the bride's table was decorated with bouquets of multicoloured dahlias and centred with a three tier wedding cake. Mrs. Joseph Baltzer was in charge of the guest book.

For travelling the bride wore a champagne dress of French silk with brown accessories and a mink jacket.

Mr. and Mrs. Hart will reside in Halifax, N.S.

Out of town guests were Mr and Mrs. George Benson, Halifax, NS, Mr. and Mrs. Lester Beaton, Mr. and Mrs. Earl Beaton, Mr. and Mrs. Wendell Horton, Charlottetown; Rev. B. Fream, River Hebert, N.S.

HAMPSHIRE WI

The regular monthly meeting of the Hampshire Women's Institute was held on Oct. 13 in the hall with Miss Alice Edwards as hostess. The president, Mrs. Clark, presided and welcomed the members of the Kingston W.I. as the guests.

The meeting opened by singing O Canada and repeating the creed in unison. Roll call was answered by 12 members. There were 9 visitors present. The minutes of the previous meeting were read, approved and signed.

A service of memorial dedication was then conducted by Mrs. Hibbert Tremere and Mrs. George Kitson. The plaque, which was dedicated in memory of departed members was unveiled by Mrs. Heath Larter and Mrs. Leighton Larter.

Business arising out of the minutes was discussed.

A total of \$48.00 was collected for the Cancer fund. Bills a-

mounting to \$12.75 were voted paid. Correspondence was read and discussed.

It was decided to send for the questionnaire on "How the Red Cross Home and Farm Safety Radio Programme Has Affected Life in our Community."

It was moved and seconded to donate \$2.00 to the Junior Ladies Aid of the P.E.I. Hospital.

Cards of thanks and appreciation were received and read.

Plans were made for a pantry sale and Mrs. Leighton Larter is to see about arranging a suitable night at Ellis' store in Hunter River. Mrs. Heath Larter, Mrs. Leighton Larter, Mrs. John Clark, Mrs. George Kitson and Mrs. Ralph Edwards are to be in charge of the sale.

A committee of Mrs. John Clark, Mrs. George Kitson, Mrs. Heath Larter, Mrs. Leighton Larter and Mrs. Ralph Edwards were appointed to canvas for the T.B. survey.

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WOOD-FREEMAN NUPTIALS

Mr. and Mrs. Donald Paul Wood whose marriage took place at Zion United Church, Liverpool N.S., on Oct. 10. The bride is Mary Aileen, daughter of Mr. George Freeman and the late Mrs. Freeman, Liverpool, N.S. The groom is the eldest son of Mr. and Mrs. Almon Wood, Marshfield, P.E.I.

Mr. Clevon, Hudson's Bay Co. To Be Fur Show Commentator

Breeders' Association is assisting the show in supplying a natural color film, "The Story of Mink" dressed pelts in eleven various colors and other display material.

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The Guardian

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3 DAYS - WEDNESDAY, THURSDAY, FRIDAY - NOV. 4, 5, 6

CHECK THE 12 PAGE CIRCULAR WHICH HAS BEEN DELIVERED AND PLAN TO SHOP AT EATON'S FOR WINTER NEEDS AND CHRISTMAS GIFTS

EARLY MORNING SPECIALS - THURSDAY

<p>BED THROWS All wool satin bound bed throw in colours: white, pink, blue, light green and yellow. Size about 70" x 90". Cello-wrapped. SPECIAL, each 10.99</p>	<p>WOMEN'S HANDBAGS A wide assortment of styles and colours. Buy for your own use or for gift giving. SPECIAL, each 1.69</p>	<p>CHRISTMAS NOTES Write a friendly note at Christmas time. Twenty four folders and envelopes with pretty Christmas design. SPECIAL, each 29c</p>	<p>JUICE BLENDER Plastic, break-resistant - for mixing juices, etc. SPECIAL, each 19c</p>
<p>CATSUP DISPENSER Plastic squeeze dispenser for catsup, mustard, etc. SPECIAL, each 19c</p>	<p>TEA COSIES Felt material in colours: grey, green, wine with assorted designs. Size about 12" x 9" x 2 1/2". SPECIAL, each 1.98</p>	<p>MEN'S SPORT SHIRTS A wide range of attractive patterns from which to choose. Sizes small, medium and large. Buy now for Christmas giving. SPECIAL, each 2.69</p>	<p>BOYS' LINED JEANS Sanforized! Cozy cotton flannelé lining. Sizes 6 to 16, small sizes have boxer waist or plain. SPECIAL, pair 2.29</p>
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