



Designed For Spring

This pale mauve dress in a wool on canvas weave has matching jacket and is designed for spring. There is a little waistcoat pocket on the bias on the shoulder and large buttons for trim. The open neckline is expected to be a spring favorite. (CP Photo).

KEEP IN TRIM

Make It Easy To Change Your Old Food Habits

By Ida Jean Kain

If you have considerable excess fat to lose, it will do little good to go on a rigid diet, since such fare merely whets the appetite for eating as usual and keeps your mind on food. Then, too, the whole object of strict dieting is to get it over with so you can go back to eating as you please.

How do you go at it to change your food habits so that eating for normal weight will be satisfying? One way is the proper direction of attention. Plan your reducing fare around the foods that help to build slenderness. Thinking along this line stimulates your interest in new food habits. When you see how much really good food you can eat and lose the extra pounds, you become enthusiastic about your new system of eating.

Before too long, you wonder why you didn't catch onto the science of nutrition years ago! From then on, there is really no temptation to overeat on fattening fare. It is fairly easy to stay with a diet when you do not feel hungry. A protein food at each meal gives satiety to low caloric fare, so have an egg or two at breakfast, or a hot cereal with milk; at lunch have cottage cheese or lean meat or fish, and a hot soup made with skim milk. At dinner, a liberal serving of lean meat should be the backbone of the menu. Even though it does boost the cost, go along with the lean of more lean meat, at least until you have your appetite under control.

Chewing is part of the normal satisfaction of hunger, so include some food that requires chewing, such as a bulky salad and perhaps a toasted yeast wafer. A hot soup is soothing at the beginning of the meal, and it is an excellent way to use the skim milk at noon. At dinner, hot bouillon can be had for few calories. By eating to reduce you feel happy about the results and expect continued success. Then you do not anticipate bogging down. You have the confident feeling that at long last you really are on the right track. You begin to feel better, and friends start complimenting you.

COOK'S CORNER



COTTAGE PUDDING

2 tablespoons butter  
3/4 cup sugar  
2 eggs  
1 1/2 cups flour  
1 teaspoon baking powder  
Pinch of salt  
1/2 cup milk  
Cream butter, sugar, add eggs, sift in flour, baking powder, salt, add milk. Beat well, put in greased pan and bake 15 to 20 minutes 375 degrees. Serve with sauce.

ALICE BROOKS DESIGNS



EASTER STARS!  
Sugar-sweet topping for a little girl's head! Crochet her Easter bonnet with flower trim; other cute style with a ripple brim!  
Pattern 7261: Crochet directions for two hats: to fit children 4 to 12 years included. Use straw yarn or knitting worsted.

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown, Guardian, Household Arts Dept., 60 Front St. W., Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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GOOD QUALITY  
Pakistan exported \$30,000 worth of handloom products to the U.S. in 1955, including tablecloths, napkins and bed sheets.

WORKERS GO BACK  
TORONTO (CP)—Four hundred employees of the Lever Brothers plant returned to work Friday, 12 hours after they had staged a wildcat strike. The workers walked out at noon Thursday against the advice of union leaders who stayed on the job. They protested the two-day suspension of a worker who, the company said, slowed down on his work of packing and sealing cartons of tooth paste.

WOMEN

Page 8, The Guardian Tues., March 13, 1956

LET'S EAT  
Dips, Hors D'Oeuvres  
To Serve At Parties

By Ida Bailey Allen

"What hors d'oeuvres would you suggest for parties?" is a question the Chef, and I are often asked. "It is smart to have several that are easy to prepare and two or three specialties.

"A choice of two or three dips with crisp potato chips or cornmeal crackers is quick and easy. Add plenty of vegetable nibbles, such as celery, fennel, carrot or rutabaga sticks, small flowerettes of cauliflower, radishes, stalks of Belgian endive.

HERB SALT  
"Stand shakers of herb salt, such as chili or garlic, nearby for seasoning, or use a Russian dressing can."

"For hot hors d'oeuvres," said the Chef, "tiny cheese biscuits right from the oven are good when split and put together with thin-sliced smoked ham. They should be baked in relays. They should be added, for a surprise, Madame," he added, "I suggest Cocktail Kebabs, my newest creation."

Cocktail Kebabs: Cut slices of choice Cheddar cheese and salami or bologna sausage into 1" squares. Pierce the meat squares with a skewer; cut tiny plugs out of the centers of the cheese squares with a point knife.

Thread one square each of cheese and sausage on short slim pretzel sticks, with a slice of small onion between each piece.  
Tomorrow's dinner: Fruit cocktail; fish-oyster chowder; rolls; hot green bean vinaigrette; coconut custard pie; coffee, tea or milk. All measurements are level recipes proportioned to serve 4 to 6.

Fish-Oyster Chowder: To 4 1/2 c. boiling water, add 1 1/2 tsp. salt, 1 tsp. monosodium glutamate and 2 c. thin-sliced peeled white potatoes. Cover and boil until tender, from 15-20 min.

Meantime, peel and thin-slice onion, onions to make 1 c. Sauté until yellowed in 2 tsp. butter or margarine. Add to the cooking potatoes.

Next, add 1 lb. thawed frozen fish fillets (any kind), cut in 1/2" pieces. Cover and simmer 10 min., or until the fish looks flaky.

Add 1/2 tsp. white pepper and 2 tsp. enriched flour stirred smooth in 1/3 c. milk. Cook-stir until boiling. Then add 1/2 pt. shucked medium-sized fresh oysters or use canned oysters. Cook until the edges curl.

Serve with toasted rolls or crisp cracker.

Hot vegetables vinaigrette from the Chef:  
Hot vegetables vinaigrette are a pleasant change occasionally from a tossed salad. Peel vegetable might be, cooked hot chopped kale, spinach or cabbage; or cooked or canned asparagus tips, string beans or sliced beets.



Bridal Vows At Trinity United Church

On Friday, February 24, a pretty wedding was solemnized at Trinity United Church, Charlottetown, when Rev. G. Howard Christie united in marriage, Miss Barbara Ann Whitlock and Mr. John Drake Squarebriggs. The bride is the daughter of Mr. and Mrs. George Whitlock and the groom's parents are Mr. and Mrs. John Squarebriggs, all of Charlottetown.

Given in marriage by her father, the bride wore a street-length dress of coral velvet with matching hazzard and she carried a bouquet of yellow mums.

Miss Shirley Ladner, maid of honor, wore a street-length dress of pale blue velvet with matching hazzard and a bouquet of pink mums.  
Mr. Melbourne McFadyen attended the groom as best man. The mother of the bride chose a navy sheer dress with white accessories and pink roses on corsage. A pale blue dress with black accessories and a corsage of pink roses was worn by the groom's mother.

MRS. GORDON MACMILLAN

A COUNTRY GARDEN

THERE COMES A DAY

There comes a day in winter when the "Slayer of winter, art thou here again?" and we are dead stalks stand chill, bare shrubs their branches fling in brittle arabesques against the snow. Yet on this day my spirit soars the sky, Grasping spring's glory with a secret eye.

glimpse of the spring beauty of flowers.

When it is possible to walk into one of the great Spring Flower Shows this month, the fragrance and the color of the flowers, the grace of the trees in full leaf, and the perfect order of the gardens make a very welcome prelude to spring. No matter what the weather outdoors, it is spring in full flower beyond the door. The glory, glamour and grandeur of the large American Flower Shows must be seen to be appreciated. Fortunately for the gardeners who cannot attend there are many interesting, and beautifully illustrated stories about them.

It is estimated that there are twenty or thirty million gardening families in the United States and thousands and thousands attend the flower show nearest to them. Indeed, many are fortunate enough to attend several shows, to see the newest flowers, how to design gardens and beautiful arrangements of flowers.

In seventeen large cities across the country doors will swing open to greet thousands of garden show visitors. Although flower shows are now commonplace throughout the year it is the spring spectacles which hold the greatest interest and excitement. Perhaps it is because of the family improved and renewed hope in all things that grow.

WASHINGTON SHOW  
At the sixth national show in Washington, the theme will be international with embassy hostesses of many countries featuring table settings, while small gardens will be planted with camellias, orchids, boxwood and rock plants.

A central fountain with thousands of colored lights and streams of arching water will hold the attention of the visitors. In Cleveland, a bit of old New Orleans, with a typical facade and its ornamental lacy iron balcony with a gate opening to a patio garden filled with sub-tropical plants, will be the outstanding exhibit.

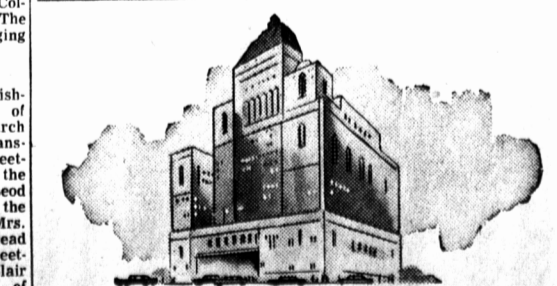
In Dallas, Texas, the show continues for one week with twenty model gardens designed and staged by amateur and professional gardeners, and there will be emphasis on flowering bulbs, camellias, irises, roses and perennials.  
The flower show in Pittsburgh, Penna., is different because it is a spectacle at the Park Conservatory, and lasts several weeks. "Easter" is the theme, and the largest exhibit will consist of a large white cross of primroses surrounded by genistas, cinerarias and Easter lilies. A garden of fountains, a rustic garden and nine flower gardens planted with

Several countries claim St. Patrick as a son, we read in a late magazine he is supposed to have been born in Scotland, in another we read that he was born in Wales but all are agreed that he was the patron Saint of Ireland, many, many years ago.

As gardeners we are interested in the sprig of Shamrock that is worn in memory of this worthy Saint. When some to whom he was preaching could not understand the doctrine of the Trinity, he bent down and picked some leaves of the shamrock that was growing at his feet. "Look then at this wild flower, the seamrock (meaning three-leaved in Irish). Do you not see how, in this plant, three leaves are joined on one stalk and, seeing this, will you not then believe what I tell you that there are indeed three persons and yet one God?"

But with the passage of time a complication has arisen over the different plants all with three leaves on one stalk so that some wear the wood sorrel and others wear different kinds of clover and two or three different species of trefol. The study of various books both of gardening and folklore, have not solved the problem as to what is the true shamrock but as long as the spring season wears the different kinds of clover they will be remembered.

SPRING FLOWER SHOW  
How lovely it must be for the fortunate folk who can attend a flower show in this last month of winter, just when we need a



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ELLEN'S DIARY

The W.I. Handicraft Van

This was the afternoon the witching bright sky, the pleasant March wind and a clear road, persuaded us to walk a mile to join other housewives and maids from the community at a handicraft class. It is at that house which gives us also the corner-store, where we foregather to gain instruction in those arts offered to rural women by the W.I. Van with its pair of excellent teachers and youthful.

It is remarkable the interest that is being shown locally, as it has been in other Island districts we have noted, the enthusiasm and delight which urges busy farm-women to plan well and make haste with their cares of the home to make time to attend the afternoon class or the evening, or both. There is much to be learned from the course even by those intimate with many of the intricacies of the various handicrafts taught. There is also the uplift to be derived from the social side of the gathering, this working in the company of other women, a privilege not often afforded rural women nowadays.

We would make a dress in the course offered, we decided, so in good time we acquired a length of material and a pattern to go by. We knew the latter would need some alteration since we are among the unfortunate women who do not conform neatly to any uniform age or size. We have been the despair of more than one saleslady in our day.

"There-that's a perfect fit," they will say at first glance, of a gown or suit. And then a studied "It would need to be taken in here and the seam there let out and the hem adjusted and..." So we have suffered all down the years.

We made a packet of our needs and after dinner prepared to take off. James busy with added farm-work these days (and with the mis-erable of the family improved) came in then from the stables, eyed us with some curiosity and snodded: "I'll be wanting my sup-

per at 5 sharp, Ellen! And could you cook up a mess of smelts? I have hankering for something tasteful like that."

"Yes," we said, changing shoes for snow-boots.  
"Oh, so you're going away! My, my... again! Then 'saddy'! I suppose you'll be coming home lugging a loaf of bread and a tin of beans—that will be our supper. Oh well..." he turned away quietly, went out but returned presently to the door to offer: "You'd better watch your steps, Ellen—the walking's pretty slippery out along today."

So pleasant the day was then—a little sharp with winter but gentled by the approaching spring; sun on the fields and a haze on the far hills. "Yes," we giggled in self-communication when we came past the house on the hill on the out-road, "we had better bring home a loaf from the store! And maybe a tin of beans too—they are both quick to prepare and filling."

Nevertheless in a happy story-book ending, as it happened, the supper was as James had ordered, if a few minutes late... And for our afternoon of "work" we have besides the memory of a pleased group of women-kind at various pieces of preferred handicraft, a flock of our own in the making. Until tomorrow — — — Diary — Good-night.

HOUSEHOLD HINT

In choosing thread for sewing, select a color that appears one shade darker than the fabric. Always match thread to the dominant color in a print fabric.

MORNING SMILE

"A good memory? Why, for years I travelled with the circus as prompter for the elephants."

Advertisement for Cashmere products including Tissue, Roll Towel, and Serviettes. The ad features images of the products and text promoting their quality and value. The text includes: 'Insist on cashmere for better quality... for better value...', 'Roll Towel, Tissue or Serviettes—You'll find the name Cashmere your guarantee of top quality, top value for your money.', and 'And don't forget that Cashmere Tissue now comes in pink, yellow, blue and green in 700 sheet rolls, as well as white—750 sheets in each roll! Be a Cashmere family—buy the famous Cashmere line of household paper products.'