



"SANG DE BOEUF" by Michael of brilliant red, fleecy British London—a hugely draped topcoat! Woolen mohair. Added glamour—its lime coloured silk lining.

### LET'S EAT

## Shangri-La Attributes Good Health To Apricots

By IDA BAILEY ALLEN

High in the Himalayas, in the legendary land of Shangri-La, lies the province of Huna. Legally, it is a part of Pakistan, but it is independent in government. Its ruler is an aristocratic king called the Mir, whose queen the Rana, is recently out of "Purdah" or the state of being veiled. Imagine being invited for tea in the royal gardens to meet the Mir and the Rana, and all their children, to share the ritual of their daily relaxation period and to enjoy strong sweet green tea and apricot goodies!

**STAPLE FOOD**

Apricots are an honored and staple food in this kingdom. In fact, the Hunakuts attribute their good health to this wonderful fruit.

The ritual of the Mir's afternoon tea is one of the many delightful scenes in Cinerama "Search for Paradise." We have been fortunate in securing for you several of the recipes for the apricot dainties served at the Mir's tea parties.

The Mir's favorite candy (in Huna, this is served with gold or silver leaf spread over the top. We might use aluminum foil).

To 3 tbsp. boiling water, add 2 tsp. butter. Stir in from 2½ to 3 c. sifted confectioners' sugar, a tablespoon at a time, until the mixture is pliable and can be molded by hand into small balls.

Press a well-drained maraschino cherry into each. Repeat, pressing a walnut meat on the other side. Form the fondant in

the shape of an almond. Leave some plain. For others, around each candy, wrap like a cornucopia a naturally moist dried apricot, flattened with a rolling pin and dusted with confectioners' sugar.

Sunday dinner: romaine salad chiffonade, broiled steak, stuffed Idahoes, green beans, apricot nut bars, coffee, tea, milk.

All measurements are level; recipes proportioned to serve 4 to 6.

Apricot nut bars from Huna: Sift together 1 c. sifted enriched flour, ½ tsp. salt and ¼ tsp. baking soda. Sift twice.

Beat ½ c. room-soft butter or margarine until creamy. Cream in ½ c. sugar and the crushed grated rind of 1 lemon.

Separate 2 eggs. Beat the egg yolks. Blend in the sifted ingredients. Spread evenly in an oiled 12"x8"x2" baking pan. Cover the batter with a layer of apricot jam.

Beat the egg whites until foamy. Then beat in ¼ c. sugar, 1 tablespoon at a time. Beat until stiff.

Fold in ½ c. fine-chopped nutmeats. Spread onto the apricot jam.

Bake 45 min. in a moderate oven, 350 degrees F.

Cool 5 min. Loosen at the edges. Cut into strips with a sharp knife. Makes 4 doz.

**GOURMET COMBINATION**

Fish served or combined with oysters is a gourmet food. Fry our fish with oyster stuffing and be convinced.

Baked Sea Trout Oyster Stuff-

ing: Order sea trout cleaned and left for baking. Season the interior with salt, pepper and monosodium glutamate.

Fill with 1 c. packaged herb stuffing mixed according to directions and add 6 oysters, chopped and their juice.

Place in a baking pan. Brush with not-sweet French dressing. Bake 35 min. in a moderate oven, 375 degrees F.

Serve with hot broccoli tartare. Tomorrow's dinner: Tomato bouillon, baked sea trout, oyster stuffing, hot broccoli tartare, rice raisin pudding, coffee, tea, milk.

Trick of the chef: Serve hot broccoli with sauce tartare, blended with a little dairy sour cream, then stir-heated.

**CONFIDENTIALLY YOURS**  
—by Byrne Hope Sanders

MONTREAL, Feb. 6th—The fire was caused by faulty wiring. How often have you read this at the bottom of a newspaper account of some fire? It's inevitable, perhaps, in this electrical age, that some older homes should become overloaded with the many appliances in use today. That's why it's such a good idea to have an electrician check the wiring in your home. And don't let a lack of ready cash stop you. See your BANK OF MONTREAL manager about a low-cost Home Improvement Loan, repayable in easy monthly instalments. H.I.L.s. are available for all kinds of worthwhile purposes about the house, and your B of M manager will be glad to show how one can help you.

**TEENAGERS ARE A PUSH-OVER** for chocolate treats! Here's a grand new party recipe for CHOCOLATE CHIP MERINGUES, using rich, delicious BAKER'S CHOCOLATE CHIPS: Beat until foamy 2 eggs whites, ¾ teaspoon cream of tartar and ¾ teaspoon salt. Add ½ cup sugar, 2 tablespoons at a time, beating after each addition. Continue to beat until meringue stands in very stiff peaks. Fold in 1 package Baker's Chocolate Chips, ½ teaspoon vanilla. Drop from teaspoon onto ungreased heavy paper. Bake in slow oven, 300 deg., 25 minutes. Remove from paper while slightly warm. Makes about 3 dozen—gorgeous ones! That's because there's nothing like BAKER'S for really true chocolate flavor.

**I'VE BEEN ADMIRING OUR MR. KIPPS**, as he snuggles at my ankles, head tucked over my foot. A fine, glossy coat . . . bright brown eyes . . . frisky and fun-loving . . . really in the pink of condition. It's DR. BALLARD'S CHAMPION DOG FOOD that keeps him that way—and because of that fact, I urge you to give it to your dog, too. Dr. Ballard's animal nutrition specialists have prepared a product that is scientifically balanced with all the known nutrients your dog needs. It provides a complete diet for your dog and protects him against deficiencies in his food. In Chicken, Liver or Regular flavors.

**SUCH PRECIOUS YEARS! THE MEMORY OF THIS SHORT TIME** when your baby is so warm and sweet in your arms, will last forever, as I well know. Such a joy to have him thriving beautifully with one of the four FARMER'S WIFE Formula Milks, prepared especially for his needs. Ask your doctor which it should be—Whole Milk; Skimmed Milk or the high-protein, low-fat formula, Partly Skimmed Milk. And be sure to ask about the new Farmer's Wife PREPARED FORMULA—it's the easiest way yet to prepare a formula. It's so good for baby and he'll love it!

**BEST WAY TO A MAN'S HEART . . . IS THROUGH A LUSCIOUS PIE**—with a flaky, light-as-thistledown crust! And the way to make that crust is through a simple secret—use the right kind of flour . . . cake and pastry flour! I'm recommending MONARCH CAKE AND PASTRY FLOUR, exclusively, because it's been perfected by long-time Canadian experts in Canadian wheat. You can use your favorite all-purpose flour recipes by adding two extra tablespoons per cup of lighter Monarch Flour. . . You'll be amazed at the delightful results . . . light as down, with never a miss!

**TRA-LA-LA-LA! SUN'S UP—WE'RE UP!**; the coffee's hot, the bacon sizzling! And best of all, the flavoursome RED RIVER CEREAL is ready and piping hot! Everyone will enjoy its delicious blending of cracked wheat, rye and flax . . . and I mean everyone. Lots of energy needs met for the youngsters, and the hard-working members of the family who may be out of doors, or doing heavy work. Sedentary workers and old citizens find that Red River guards regularity. That's why for generations it has kept its popularity with people who know how important a good hot breakfast is—and how delicious it can be with Red River!

**Everybody loves this fragrant**

## Cheesebread

• And it's so easy to make, when you use fast rising dry Best Yeast! If you bake at home, please your family by baking this treat tomorrow!

**CHEESEBREAD**

Scald 3 c. milk, ¼ c. granulated sugar, 1½ tbs. salt and 4 tbs. shortening; cool to lukewarm. Measure into a large bowl ½ c. lukewarm water; crumble and add 1 c. Best Yeast—or stir in 1 tsp. granulated sugar and sprinkle with 1 envelope Best dry Yeast. Let stand 10 minutes, THEN stir well.

Stir in cooled milk mixture. Stir in 4 c. once-sifted all-purpose flour; beat with a rotary beater until the batter is smooth. Cover and set in a warm place, free from draft. Let rise until doubled in bulk. Work in 2 c. lightly-packed finely-shredded old cheese and 5 c. (about

once-sifted all-purpose flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of dough. Cover and let rise until doubled in bulk. Punch down dough; turn out on lightly-floured board and divide into 4 equal portions. Cover lightly with a cloth and let rest for 15 mins. Divide each portion of dough into 3 parts; knead and shape into smooth balls. Place 3 balls in each of 4 greased loaf pans (4½" x 8½"). Grease tops and sprinkle each loaf with ¼ c. shredded cheese. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375°, 45-50 mins.

## ELLEN'S DIARY

### Spring Or Brook-Water Has Such A Nice Taste

"These be three quiet things, may four: rain on the roof, wind in the grass, water lapping the shore, fire purring on the hearth" so declared the wisest king, in ages long past. They come to mind at the moment as the fire-of-home purrs its quiet tune about the burning maple sticks there. And a gift of white birch is there too, one round and barked that Mack chopped this evening from the glassy branch broken from a lawn-tree on a recent silvered afternoon.

"If you keep the cover lifted a little, you will see the flames curl around it," he said. "First canoes were made from birchbark," he commented.

"Not actually. They were made from hollowed logs-dugouts, so they say. But in time, in places where the canoe or paper birch grew canoes were made from the bark. Of course the folks up north would make theirs from."

"Skins" he nodded.

"And on the island in the long ago" we offered "fan-folks depended on birchbark for a number of things. Among these they gathered baskets of it in summer to have on hand to light their fires through the year. There wasn't the abundance of paper around places then that there is nowadays. And that bark shd' would crinkle and burn and make the kindling catch smartly in those old-time stoves and grates."

"Do you remember?"

"Oh yes! And then somewhere back in the years the custom was lost-gone as so many of the old-time ways have."

"And what else do you remember?"

"The nice taste of a drink of spring or brook-water, or maple syrup, from a birchbark 'cup.' We folded a square and pegged each end to make it canoe-shaped. Or maybe rolled it to fashion a cone. And if one happened when excursions along farm to find unexpected berries, why, these too made the best of containers in which to carry them home."

"The sticks don't burn as well as maple or 'yellow birch' he commented "but they sure make a pretty fire."

"Fire purring on the hearth" and James catching a nap on the couch now at his busy day's close. We talked of it before the drowsiness claimed him. He told of the progress of the winter-harvest in the hardwoods this afternoon and reckoned "it'll take a few more spurts" before enough fuel will have been taken to last "all the stoves through the year."

He spoke of the tree "as big around as that stovepipe - yes every bit the size of that", Mack had felled after school, and how Jamie a husky fellow" can take his lift (of log or stick) with the rest of us now." The farmers who came by, the salesman, the drover—all these were in the pattern of the day.

And reviewing it we remember that to the family the hours have been altogether rewarding and happy. How else were they? For

**BROOKFIELD W.I.**

Mrs. Robert Andrews entertained the members of the Brookfield W. I. on Tuesday, January 7th, with nine members present.

Meeting opened by repeating Creed in unison. In the absence of the secretary Mrs. David Andrews took the minutes. Roll call was answered by nine members. Two new members were added to the roll.

The sick committee reported making calls and taking fruit. Cards of thanks have been received for the fruit, and cards of sympathy have been sent to families bereaved in the district.

The school committee reported a new pencil sharpener was needed for the school. It was moved and seconded that Mrs. Preston Sentner get the sharpener. Mrs. Preston Sentner was appointed on the school committee for the month of February.

Mrs. Gordon MacLeod paid in \$1.00 to the Auction Sale. Bills amounting to \$3.05 were ordered paid. Collection 60 cents. Mrs. David Andrews invited the members for next meeting.

Roll call is to be answered by a Valentine verse. Programme committee is Mrs. John Matheson, and Mrs. Gordon MacLeod. Meeting closed with the Lord's Prayer. Lunch was served by the hostess, assisted by Mrs. Sadie Wood.

**WIFE PRESERVERS**

When brought to the table, cheese should be served on its own plate, preferably of silver. The server should be on the same plate, but crackers should occupy a separate dish or plate.

**Now Many Wear FALSE TEETH With Little Worry**

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**From One Cook to Another**

by Mary Blake, Carnation Home Service Director

### SWEET'N'EASY

**OF COURSE** you want to indulge your family's love of sweet things—so long as that fits into your scheme of wise meal-planning. So I'd like to offer you some of my more successful sweet recipes, each with a small "plus" in that it saves effort and time. First, a delicious hot pudding. Here, the sauce is baked right with the dessert. And because it's made with better-blending Carnation Evaporated Milk, the pudding has a smooth even texture not possible with any other form of milk. You'll find, too, that Carnation (it's the milk that whips) gives the sauce extra richness.

**CARAMEL-NUT PUDDING** (Makes 6 servings)

1 cup sifted flour  
2½ tbs. baking powder  
Pinch of salt  
1 tbs. butter  
½ cup sugar  
½ cup undiluted CARNATION EVAPORATED MILK  
¼ tsp. vanilla  
Sauce (see below)  
½ cup broken walnuts

Sift together flour, baking powder, salt, combine butter and sugar. Add flour, alternately with undiluted Carnation; combine after each addition. Add vanilla. Spread in greased 6-cup baking dish. THE SAUCE: Sprinkle 1 cup brown sugar over unbaked pudding. Heat ½ cup undiluted Carnation, ½ cup water, 1 tablespoon butter, to boiling point. Pour over pudding. Sprinkle with nuts. Bake about 35 minutes in rather slow oven, 325°.

There's something very satisfying about making a batch of fudge. That's especially true when the children can take part—or even make it themselves! So perhaps it's not surprising that my 5-Minute Fudge has proved so popular. This fudge is velvet-smooth and crystal-free—yet it's amazingly easy. No beating, no soft-ball tests, no candy thermometer needed. And no failures. Better-blending Carnation is the secret. Those special blending qualities do marvels for all recipes that call for milk.

**5-MINUTE FUDGE** (Makes about 2 pounds)

¾ cup (small can) undiluted CARNATION EVAPORATED MILK  
1½ cups granulated sugar  
½ tsp. salt  
1½ cups (16 medium) diced marshmallows  
1½ cups semi-sweet chocolate chips  
1 tsp. vanilla  
½ cup chopped nuts

Mix Carnation, sugar and salt in saucepan over medium heat. Heat to boiling, then cook 5 minutes, stirring constantly. Remove from heat. Add remaining ingredients. Stir 1 to 2 minutes (until marshmallows melt). Pour into buttered 9-in. x 9-in. square pan. Cool. Cut in squares.

To give glamour to simple cakes, nothing quite equals a frosting with a special flavor accent. That's why I know you'll love my Broiled Orange-Almond Frosting. The secret of this scrumptious recipe is double-rich Carnation, used undiluted. Broiled Orange-Almond Frosting: Combine thoroughly ¼ cup melted butter, 1 cup firmly packed brown sugar, ¼ cup undiluted CARNATION EVAPORATED MILK, 1 tablespoon grated orange rind, ¼ cup chopped blanched almonds. Spread over warm baked cake. Place cake about 3 to 4 inches below heated broiler unit. Broil 1 to 2 minutes, until topping is bubbly.

Sweet? That's your precious baby! Easy? That's one thing we can say about Carnation Evaporated Milk formulas—the formulas prescribed the world over to keep babies sweet and contented. But there's oh-so-much more to Carnation for baby formulas! Carnation is outstandingly easy to digest. It's completely safe—in a can designed expressly to protect evaporated milk. It's whole milk, with all of milk's needed nourishment—plus 800 units of vitamin D per pint of Carnation. Ask your doctor about Carnation Milk for your baby.

"From Contented Cows"

# Women

Lena Caroline McLure, Women's Editor. Phone 8506

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## HAPPENINGS

Mrs. J.J. Connolly, wife of the Postmaster, Charlottetown. Post Office, returned Monday night from a two weeks' visit to the United States. She was a guest of her brother-in-law and sister, Mr. and Mrs. Henry Palace at their apartment, "The Parkway" Boulevard, Jersey City, and then spent a couple of days with her cousin, Mrs. Charles Galloway at her home in Newton, Massachusetts. Mr. Galloway who was in California on business is a Vice President of American Optical Company.

On Monday, February 3, after the regular meeting of St. Peter's Cathedral Evening W.A. the president, Mrs. Emmett Callaghan (nee Helen Shama), whose marriage took place recently, was given a delightful surprise.

To the strains of the wedding march she was escorted to a seat of honor at a table centered with a cake, lighted tapers, flowers and silver. Then the bride was presented with a pair of crystal ball candlestick holders from the members. Delicious refreshments were served by the committee.

Mr. Arthur N. Hertzog of Halifax, spent a few days this week in the province on business and stayed with his parents, Mr. and Mrs. Arthur J. Hertzog.

Mrs. Arnold Cheverie, the former Miss Virginia Walker of Charlottetown, who was married recently was entertained before her wedding at a miscellaneous shower given by Mrs. Ian G. MacQuarrie. The guest of honor received many lovely and useful gifts.

"Conquers Broadway" is the general tone of the critics' reviews of Dore Schary's "Sunrise at Campobello". Some excerpts from the Brooks Atkinson review in the New York Times are as follows:

Let's not pretend that the drama would be as poignant if the chief character were any adult victim of infantile paralysis. The play covers thirty-four months when F.D.R.'s crisis was a private one—from the day in August, 1921, when he was stricken by infantile paralysis at his summer home at Campobello, in Canada, to the day at Madison Square Garden in June, 1924, when he was able

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"From Contented Cows"

to stand on his feet long enough to nominate Al Smith for president of the United States. It was a triumph of mind and spirit over a terrible calamity.

Much of the play is humorous. F.D.R.'s sense of humour is always close to the surface—the spectacle of a strong proud man crawling on the floor and regarding a crawl as a victory, the spectacle of an adult with a vigorous mind struggling to walk on crutches, falling and pulling himself up to struggle again—are assaults on pride that involve terrible suffering.—Mrs. Roosevelt is played by Mary Fickett. Brooks Atkinson continues Mary Fickett's Eleanor is admirable—nervous, unkept, all wife and mother in the beginning, but acquiring a sense of style and decision in the later scenes when she serves as her husband's prophet. Anne Seymour as Sara is described as admirable—stately, domineering but vulnerable to family loyalty and ties.

This is the end of Mr. Atkinson's quotes. From all critics comes the word that this play will have a record run. Mr. Schary is described as a vigorous intellectual. His parents were Hugo and Belle Schary. They emigrated

**STEEP RIDE**

The chairlift on Mount Nepean in Alberta rises 1,300 feet vertically in 3,240 feet.

## Teething Troubles

At teething time, baby is often fretful, feverish and suffers tummy troubles. To need for a corrective, try Baby's Own Tablets. These mild, sweet little tablets are easy to take, taste good, and give relief. Use Baby's Own Tablets, not only to relieve teething troubles, but also to relieve constipation, or when stools are hard, pebbly. Clinically and time-tested. Use with complete confidence. Ask your doctor about Baby's Own Tablets. Get a package at your drugstore today.

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