

The Experts Say

By Kay Rex

Canadian Press Staff Writer

In a campaign to encourage homemakers to use more canned foods, new recipes have been issued by a canned food association...

Ingredients: One No. 2 can apple sauce; one-quarter cup corn syrup or honey; few grains salt; one tablespoon lemon juice; one-quarter cup orange juice; one-half teaspoon grated orange rind; one-half cup sugar; two egg whites.

Tasty Cake

Something new in upside down cake is the following made with gingerbread mix and canned fruit cocktail.

Ingredients: Two cups canned fruit cocktail; two tablespoons butter; one-quarter cup brown sugar; one-half orange; one package gingerbread mixture, or recipe preferred.

Drain syrup from fruit into a heavy skillet and reduce by boiling to one-half cup. Add butter and sugar and stir until well mixed.

A deep baking-pan may be used instead of a skillet.

Fruit Salad

A recipe for fruit salad follows: Cover a large plate with chicory or lettuce leaves and put a bowl of mayonnaise in the centre.

The four spaces may be filled with the following: Peach halves filled with cottage cheese crowned with walnut halves; pear halves topped with chili or cranberry sauce; pineapple chunks; well-drained cherries.

This salad may be served with pimiento cheese and deviled ham sandwiches.

Last Night's Potatoes

Home economists of the consumer section, Canadian department of agriculture, have a few suggestions about making an appetizing dish from leftover potatoes.

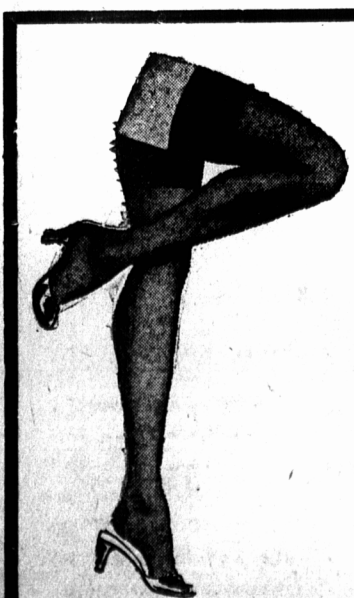
Interest is added to the mashed potato crust for meat-pie by adding a little chopped onion, diced green pepper and celery and grated Cheddar cheese to the potato mixture.

Meat and potato cakes also are an easy-to-make supper-dish. Combine 1 1/2 cups of diced or ground cooked meat with two cups of mashed potatoes.

MULTIFLORA ROSE THE LIVING FENCE

For permanent maintenance-free fencing, hedging, shelter rows, snow barriers, erosion control, game conservation, etc. Easily and quickly grown from seed.

DOMINION SEED HOUSE GEORGETOWN, ONT.



VALENTINE SPECIALS NYLONS 51 GAUGE 15 DENIER

New Spring Shades Reg. To \$1.95

SPECIAL \$1.29

The FASHION SHOPPE 141 GREAT GEORGE ST. PHONE 55

ELLEN'S DIARY

By An Island Farmer's Wife

James counted another birthday today — at ten this morning, with some reflections voiced and we suspect others left unsaid.

Age is counted we believe, in terms of mind and heart... in the zeal and interest one contributes to his own endeavours and the happiness of those in his world about, toward, and down to the end of Life's road.

But not yet. When his days drag and there is nothing new left to him under the sun, when the affairs of children and grandchildren, news of kin and friends interest him no more than he will have reached those sad days of which Lord Byron while still young wrote mournfully.

My days are the yellow leaf; The flowers and fruits of love are gone; The worm, the canker and the grief

Are mine alone! Nevertheless each milestone reached brings its moment of regret. Appreciating Time's flight, while there still remains many an unfulfilled dream for these jamms, we fancy James echoes the words of Gladstone of England: "I wish I were young again and able to put more energy into my work!"

"What does it feel like to be so old, Granddaddy?" Jamie questioned with a smile this evening. "I reckon," James teased, "you'll have to slip into my boots and take my place from now on!"

Because the road's last turn will be the best? "I'm quoted to the pair. "Pretty lines aren't they? bringing to mind lovely scenes."

And without plan, but by everything "working together for good," when the sunset wove its rosy magic over the quiet farmstead, the family came to the evening meal at this house "in the road" to mark the event. Not, it is true, with the joyous happiness of recent years but still with much content — James missed Carolyn's card from among his Greetings, this "first year" of its absence.

Yet enjoyed and much appreciated others received, putting on his glasses to read them, the Grandchildren about his chair. And children about his chair.

Some of the patients of these physicians had an infection of the lungs and teeth, while in others the attacks of asthma were preceded by mild infection of the nose and throat, especially at the beginning of a new season.

Unfortunately, as the patient grows old, these attacks of infection become more important, so that the search for the cause or source of infection should be the principal aim in middle-aged patients in whom asthma seems to occur without a warning factor.

Some of the patients of these physicians had an infection of the lungs and teeth, while in others the attacks of asthma were preceded by mild infection of the nose and throat, especially at the beginning of a new season.

It's our little every day affairs That mean the most of all— Our plans, our work, our pleasures.

Our wishes, big and small; So may you everyday affairs All meet with such success That you'll have everything you need.

For LASTING HAPPINESS! Until tomorrow - - - Diary - - - Good-night. . . .

Household Scrapbook

By Roberta Lee

Caramels Chocolate caramels are made by using 1 cup each of grated chocolate, sugar, milk, and molasses.

Laundering Clothes that are soaked overnight in cold water to which one tablespoon of ammonia to each bucket of water has been added, will prove to be much easier to launder.

Marble Marble can be cleaned by mixing two parts soda, one part pumice and one part salt. Then powder and mix to a paste with water, and scour.

For Tomorrow ON the whole, the affairs of this day should work out constructively, pleasantly and harmoniously, but it is not a day in which to act impulsively or to try out new and daring ideas.

For the Birthday If tomorrow is your birthday, you may anticipate a pleasant, prosperous and rewarding year with special emphasis on increased popularity, good will among associates and some special preference shown.

Modern Etiquette By Roberta Lee Q. If a man is seated with a girl at a nightclub table, and sees another man at another table whom he would like especially to introduce to his girl, it is all right for him to conduct the girl to his friend's table?

Q. How should a mother introduce her daughter to an older man? A. "Mr. Johnson, my daughter, Mary," or if she is married, "Mr. Johnson, my daughter, Mary Carter."

Q. How many wedding invitations should be mailed to a family where there are grown sons and daughters? A. Mail one invitation to the father and mother, and a separate one to each of the sons and daughters.

Recent Marriage At St. Paul's Church



Mr. and Mrs. Roy D. Matheson are shown above following their recent marriage in St. Paul's Church, Charlottetown. From left to right are Mr. J. Ernest H. Worth, who gave the bride away, Mr. Donald Matheson, brother of the groom, who was best man, Mr. Matheson, and Mrs. Matheson, the former Mary L. Myers, and Miss Florine Evans, bridesmaid.

DOROTHY DIX'S COLUMN—

Husband Too Friendly

Wife's Chief Objection Is When Wisecracker Greets Girls

DEAR MISS DIX: My wife is a fine person, albeit too sensitive. She is the only girl I ever loved, or ever would love.

We do have one point of disagreement. I believe in being friendly and giving a personal touch to all my contacts. I hate formality of Mr. Mrs. and Miss, and always like to call people by their first names.

I don't see how I can change my personality, but it is annoying my wife to the point where her usually very sweet disposition is being soured. She is getting moody and cold. I know I have hurt her on several occasions but I don't see how I can change my personality completely.

ANSWER: Well, Harry, I guess we might as well get on first-name basis right away. It's a fine thing to have the type of personality you have — in fact, I think the ability to make friends at sight is one of the best gifts anyone can have.

Like many good things, it can be overdone, and it is in the abuse of the talent that trouble lies. You are making a travesty of friendship in the way you abuse your gift.

A sliding-off line marked Fath's creations. He made jackets that stood out all around the figure, and on nearly all his fashions he stuck on bows here and there.

Quick Relief From ARTHRITIC Pain Are you discouraged by the day-and-night suffering you have had to endure. Has the pitiless pain made you feel hopeless and helpless? Then here is good news.

When we married five years ago, I had my savings, life insurance, etc., transferred from my mother's name to my husband's; he, however, has neglected to do the same.

ANSWER: By all means, your husband's insurance—or, at least, most of it—should name you or his child as beneficiary. The matter of altering certain documents after marriage may not have occurred to him or he may have other ideas in mind, such as taking out special protection for you.

DEAR MISS DIX: I am a girl of teenage—just out of high school. A few weeks ago I met an officer in the Army and have come to think a great deal of him.

ANSWER: I may be reading a lot between the lines, but I think your officer has more in mind than saving you heartache because he's going overseas. There may even be a wife in the background.

Trust MAGIC for sure-fire baking success! WALNUT BUTTERMILK LOAF Mix and sift twice, then sift into a bowl, 2 1/4 c. once-sifted pastry flour (or 2 1/4 c. once-sifted hard-wheat flour), 2 tps. Magic Baking Powder, 1/2 tsp. baking soda, 1 1/2 tps. salt, 1/4 tsp. ground mace.

Every home needs Sunlight New Sunlight is better than ever. Nothing else can take its place—it washes everything washable. Try New Sunlight Soap. Your hands will love it!

BUTTER-NUT ENRICHED BREAD CANADIAN NUTRITION NOTE SAYS: "Good Enriched bread is a commendable source of important Vitamins and Minerals which everyone should include in his (or her) daily diet."

Anne Adams Patterns

WEEK'S SEW-THRIFTY! ONE YARD 35-inch fabric for the small size! That's all you need for the tailored version of this apron! So inexpensive — use remnants or feed-bags! Make flocks of these for hostess and birthday gifts.

How Can I... By Anne Ashley Q. How can I whiten linen? A. Handkerchiefs, or linen, can be whitened by washing as usual, and then taking one quart of cold water, adding one teaspoonful of cream of tartar, and soaking them overnight.

Better English By G. G. Williams 1. What is wrong with this sentence? "The child has a right to be commended."

Cook's Corner COFFEE RICE PUDDING This new treatment of those old familiar pudding ingredients, rice and milk, makes something new and different.

Answers 1. Say, "The child deserves to be commended." 2. Pronounce brevity-ri-er-1, first e as in me (not as in brevity), accent first syllable: i. Adamant. 4. Deception by pretending to entertain one set of feelings and acting under the influence of another. "We should discourage all duplicity among our leaders." 5. Invertebrate

Alice Brooks Designs QUICK COLOR! Just iron these gay, washable motifs on linens, dresses, blouses, skirts, or curtains!

Morning Smile Silly Question Paratroop trainee: "What happens if my chute doesn't open?" Instructor: "You return it to the supply sergeant!"

Put To Flight The man made a mad dash through the station for the end of the train that was just pulling out, but couldn't quite catch up to it. As he came back the station master peered over his glasses and commented: "Just missed 'er, eh?" "Oh no," the man answered tiredly. "I was just chasing it out of the station for fun."

Transfer Designs in Colors by Alice Brooks 7105

Canada's Favourite Sunlight