

## My Favorite Salad Recipe



Here's the salad choice in Salad Week of a lady who is keenly interested in everything that Canadian housewives purchase—Mrs. H. E. Vautelet, president of the Canadian Association of Consumers.

She says: "With the wealth of our summer fields and gardens bringing the year's best fruits and vegetables to our kitchens, this is no time for fancy salads mainly for winter's restricted choice, when the 'lily' needs gilding. In Canada's growing season our favorite salad is one on which you can ring a score of changes. It is the old, French father-in-law taught me to make."

### Old French Salad

"To make it, take two kinds of lettuce if obtainable: quartered, peeled tomatoes, thin rings of mild white onions that have marinated in milk which has been slightly sweetened, so that the onions lose their strong taste; and long fingers of unpeeled cucumbers cut in bite-sized chunks. Add chopped chives, parsley and tarragon if you have it in your garden. Boil an egg 1 minute. Break over the salad and dress it with sufficient French dressing to coat each lettuce leaf thoroughly. Toss and 'tire', as we say in French Canada, till lettuce is slightly wilted. Serve immediately... and as chilled as possible.

"The dressing is the usual one: 1 tablespoon of good vinegar, salt, pepper, sugar, 1/2 tsp. paprika and mustard to taste (we don't use mustard ourselves) and 3 tablespoons of olive oil. We keep a large jar of this always in the refrigerator and occasionally vary it with a dash of ketchup or some grated cheese, or garlic rubbed on a crust of bread and dropped into the salad."

## Salad Hints

A wooden bowl is preferable for a green salad. Next in line are pottery and glass. Don't soak a wooden bowl in water. After it is used, rinse quickly in clear lukewarm water, then with cold water. Wipe dry with a clean towel and store in a dry place. Gradually, garlic and other flavorings season your bowl.

A pepper mill will give salads a different fragrance. Whole peppers can be bought at any large grocery store.

Don't discard outer green leaves on a head of lettuce or romaine. They may not be as tender as the inner leaves, but they are rich in vitamins and minerals. Wash and dry them, cut into bowl with titchen shears.

Herbs such as tarragon, basil, fennel, chervil and rosemary (parsley and chives are known to nearly everyone) are perfect for salads.

### Morning Smile

"It's terrible, Doctor," sobbed the woman to the psychiatrist. "My husband thinks he's a refrigerator." "Well," consoled the doctor.

## Dior Revives Styles Of 1920's

By HAROLD SIEVE  
PARIS, (Reuters)—Frenchmen—especially brassiere manufacturers—were perturbed Friday as they discussed Christian Dior's latest fashion bombshell, which apparently is aimed at abolishing the female bosom.

Dior, high priest of haute couture, made it clear that he was out to revive the flat-chested styles of the 1920s when he unveiled the "H-line" at his winter collection Thursday.

This, Dior explained blandly, was the "H-line." The parallel lines of the "H" represented the straight silhouette, he pointed out, and the crossbar was the point around the hips where blouse met skirt.

FATH'S S-LINE  
Jacques Fath, another of Paris' fashion stars, caused more apprehension Friday when he introduced his new "S-line." This, too, features a flattened—but not obliterated—bosom. "The 'S' is eyed at the top of the silhouette, clinging close to the stomach and hip in front, and blousing out full in back.

French newspapers had a field day commenting on the new bust-lines.

"Poor Gina Lollobrigida," said Aurore, in a reference to the busy Italian movie queen. "Christian Dior has decreed the end of the female bosom."

Headlined France-Sort: "No more breasts."

MALE REACTION  
First male reaction was a mixture of anger, disgust, dismay and amusement—in that order.

Nightclub impresario Rene Dubois commented: "The French woman has always been proud of her bosom and not ashamed to show it. I think it's a crime for a girl with a good figure to hide it in the dark."

Brassiere manufacturer Maurice Rosenbaum said despairingly that he "can't believe that women want to return to the ugly fashions of the 1920s."

WILL HURT BUSINESS  
"It certainly will affect our business if the fad really catches on," he added.

Some fashion experts said they believed that Dior's bustline innovation is too extreme. But they said it may win general approval with modifications.

Others predicted that the "H-line" would meet with the same failure as Dior's attempt to raise hemlines a year ago.

Several predicted that Fath's idea of a deflated but not completely flattened bosom might become the major trend in 1955.

Better English  
By D. C. Williams

1. What is wrong with this sentence? "The coach claims that four miles are too far to run."

2. What is wrong with this sentence? "The correct pronunciation of 'robust' is 'ro-bust'."

3. Which one of these words is misspelled? Effluence, efficacy, effervescence, effluent.

4. What does the word "indiscreet" mean?

5. What is a word beginning with 'b' that means "high-sounding"?

ANSWERS  
1. Say, "The coach maintains that four miles is too far to run."

2. Accent second syllable, not the first. 3. Effervescence. 4. Lacking in correct judgment; imprudent. "Your behavior is very indiscreet." 5. Bombastic.

"That's not too bad. Quite a harmless delusion," I said.

"It's not the delusion I mind, Doctor," said the woman, "but he sleeps with his mouth open and the little light keeps me awake."

## Alice Brooks Designs

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PAINT A ROOM WITH THE ECONOMY PAINT

KEM-TONE FOR BEAUTIFUL WALLS AND CEILINGS

7181 by Alice Brooks

HEALTHY BABIES are not born. Your baby should not be born. If he is, then something in his little system may be "out of order." Probably Baby's Own Tablets Mother had this experience. She writes: "My little girl was irritable, fussy and sometimes sick all evening. Baby's Own Tablets, to see how much better she was."

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## MacNevin-Robinson Nuptials



Photographed above are Mr. and Mrs. Horace MacNevin, whose marriage took place at United Church Manse, O'Leary, on July 14. The bride is the former Pearl Robinson, daughter of Mr. and Mrs. William Robinson, West Devon. The groom is the son of Mr. and Mrs. McLean MacNevin, also of West Devon. The best man is Mr. Keith Sellick (extreme left) and the bridesmaid is Miss Ellen MacNevin, sister of the groom (extreme right).

(Photo by Edwin Heckbert Studio.)

## ELLEN'S DIARY

by an Island Farmer's Wife

Today's weather allowed, the farmers to take up again the long-rested implements of the haying. But not before the gray spiritless morning had given way to an afternoon of sunshine and breeze, so good as to satisfy even the yearnings of such a veteran at the work as is James.

This morning brought word of the passing of one much respected and well esteemed in this neighborhood, when Mrs. C. wife of our mailman, suddenly left the home of long years, and her loved ones and set out alone for that realm which is the country of "The Great Beyond," leaving husband and all sadly bereft. On the opposite side of the road, through the row of spruces where on a school-morning we lost sight of the lads of this farm, there, on the slope sits that snug home.

She has been a loving wife—and good mother to the large family, that today foregoing beneath that familiar roof-tree, was to miss her ever-welcoming smile. A small womanly woman she was, attractive always, and young at heart; one who believed in and taught the homely virtues and truths to her children. And now with her passing a happy family circle of long years has again been sadly broken. But of such as she "her price" was "far above rubies" a wise man of the ages said. Only lovely memories now are left for friends and family to cherish and inspire in the years which lie ahead.

Until tomorrow — — — — — Diary  
— — — — — Good-night . . . . .

The Stars Say  
By Estrellita

For Tomorrow  
SOME restraint may be needed now if you would avoid the possibility of quarrels and misunderstanding due to emotional tension. Take minor obstacles and temporary setbacks in stride and stick to established routines if you would have this day wind up on the credit side.

During the evening hours domestic affairs, romance and cultural activities are favored and the lunar aspects will be excellent for matters dealing with the home. Plans made then for long-desired improvements or interior decoration of any sort should turn out well.

For the Birthday  
If tomorrow is your birthday, your horoscope indicates that during the next five months the plans already under way should be pushed vigorously since the side real influences favor the completion of long-range projects. You may encounter minor obstacles or even some friction among associates but, despite them, success is indicated.

Caution in Spending  
Make no unnecessary purchases and sign no contracts involving future expenditures during the fall.

Household Scrapbook  
By Roberta Lee

Varnish Remover  
To make a good varnish remover, thoroughly dissolve one quart of good caustic soda in three quarts of warm water. Apply it with a coarse sponge.

Glass Polishing  
A highly-polished look can be given to mirrors and windows by applying calcined magnesia moistened with benzine.

IF BABY IS CROSS FIND OUT WHY  
HEALTHY BABIES are not born. Your baby should not be born. If he is, then something in his little system may be "out of order." Probably Baby's Own Tablets Mother had this experience. She writes: "My little girl was irritable, fussy and sometimes sick all evening. Baby's Own Tablets, to see how much better she was."

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## Something In The Eye

First Aid and Home Nursing (St. John Ambulance)

"I've got something in my eye." Everybody has said it—and suffered painful discomfort from something so small, it's like looking for the proverbial needles in a haystack.

Because it's so common, it's a good thing to know what to do when this happens. Here are some useful tips from St. John Ambulance:

If whatever is in the eye is embedded in or stuck to the eyeball, no attempt should be made to remove it, says St. John Ambulance. The patient should be told to close the eyelids of the affected eye and a soft pad of cotton wool should be placed over them. This pad should be secured by a bandage tied tightly enough to keep the eyeball steady and the patient should be taken to a doctor.

If the foreign body is not embedded in or stuck to the eyeball, the following treatment should be given. Prevent the patient from rubbing his eye. It may be necessary to tie the arms of a child to his body.

Seat the patient facing the light and stand in front of him. Pull down his lower eyelid and, if the foreign body can be seen, remove it with a corner of a clean handkerchief, preferably white, twisted up and wetted with clean water.

If the foreign body has not been found and it is suspected to be under the upper lid, have the patient blink his eyelid under water or, if this does not work, lift the lower lid beneath it and let go both the eyelids. Repeat this several times if necessary. If the foreign body is still not dislodged see a doctor.

If medical aid is not available, one more method of removing the foreign body from under the upper eyelid may be tried:

Seat the patient facing the light and stand behind him, steadying his head against your chest. Place a matchstick on the base of his upper eyelid, press it gently backwards and tell the patient to look downwards. Take hold of his upper eyelashes and pull the lid over the matchstick. Remove the foreign body with the corner of a clean handkerchief twisted up and wetted with clean water.

Contract Bridge  
By Josephine Culbertson

TWO CHANCES  
Offhand, it seems that the declarer lost his contract in the following deal by declining to take the natural trump finesse. Actually, however, that was not the conclusive error.

South dealer  
Neither side vulnerable

♠ J 8 7 3  
♥ K J 9 8 7 5 2  
♦ K 4 3  
♣ 10 9 6  
5 2  
AJ 10 7

♠ Q 8 7 5  
♥ A 4  
♦ K 4 3  
♣ K 6 5  
3 2

The bidding:  
1♠ 1♥ 5♣ 5NT Pass

Just why South decided to open with one diamond on his three-card suit instead of bidding a perfectly normal notrump is something we'll never know, but the final contract was precisely right.

West, after long consideration, opened the ace of clubs. This was ruffed in dummy, and South then ignored the finessing possibility in trumps and led directly to his ace. (Later, he explained that he had made this play to guard against the possibility of West's winning and returning a heart that East could ruff. He pointed out that West might well have had six hearts for his bid.)

When West actually showed out on the ace of diamonds, South ruffed another club, then led a diamond toward the ten. East put up the king and shifted to his singleton declarer. Declarer won, ruffed still another club, led to his diamond ten and ruffed his last club, then cashed the heart queen. West, however, never let go a heart, and declarer ended up with a losing contract, for down one.

After East took his diamond king and returned a heart—a spade return would have been much wiser—South should have salvaged the contract. All he had to do was draw East's last trump, cash the heart queen, then ruff a club in dummy and run the rest of the trumps. West would have to keep two hearts, hence would have to blank the spade king, and East would also have to abandon spades to keep the club king. Thus, the double squeeze would take the place of the diamond finesse.

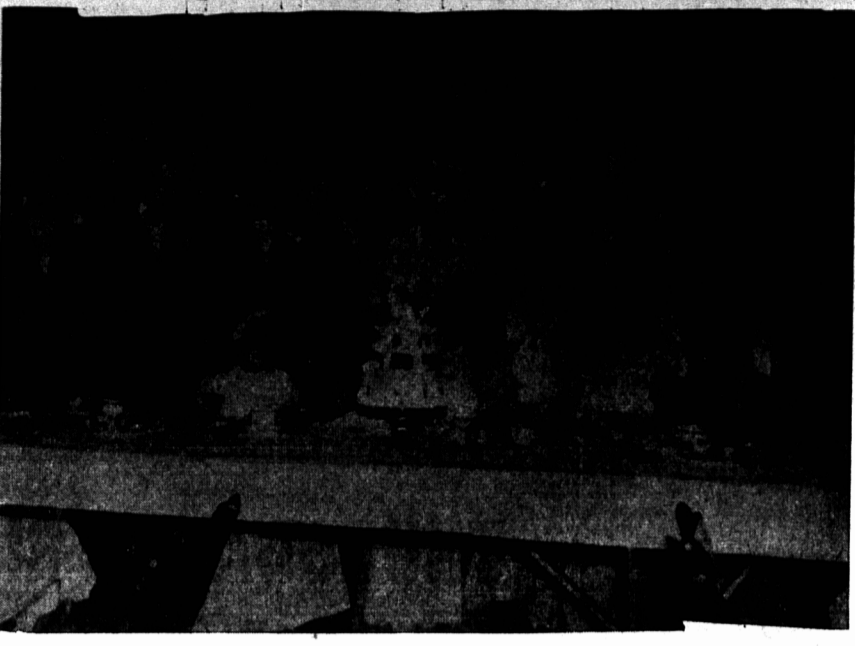
Modern Etiquette  
By Roberta Lee

Q. Should a girl check her coat upon entering a nightclub, or should she take it to the table with her?  
A. This is optional. She may either check it, or fold it over the back of her chair, as she wishes.

Q. For what, besides buttering breads can the small butter knives be used?  
A. These should be used only for butter, jelly and cheese.

Q. If the bride is a very young widow, how should her wedding invitations be worded?  
A. In the name of her parents,

## Phillips-Nicholson Vows Exchanged



Pictured above are Mr. and Mrs. John W. Phillips following their recent wedding. With them are seen their attendants (left to right) Messrs. Gordon Stevenson, Basil Phillips (ushers); Randolph Nicholson (groomsman); the bride; Mrs. L. Blaikie (matron of honor); Miss Shirley Craswell, Miss Donald MacPherson (bridesmaids); Mary Bernard and Sylvia Phillips (flower girls). (Garnham Studio)

## DOROTHY DIX Joint Earnings

By James W. Barton, M. D.

DEAR MISS DIX: What is the perfect way to handle money when both husband and wife work? I married at 18 (nearly 30 years ago), and my husband was 20. He had no trade, so made very little money but we both worked and as time went on he was promoted until now he has a fine position.

I worked until two years ago when my health began to fail and I felt his salary was sufficient to take care of us. However, since my salary ceased, he never offers me money. I have to give a detailed account of how I spend every penny I ask for and am not permitted to charge things unless I have the money to pay for them.

Of course, I have no money of my own since every cent I earned went into the household expenses or my bank account. I love my husband dearly, but I do feel he should be willing to pay my way now.

DOUBTING  
READJUSTMENT NECESSARY

ANSWER: When a man has been free of all financial responsibility to his wife for 28 years, it's bound to be difficult to make him aware that the situation has changed. In fact, it will be difficult, almost to the point of being impossible. A problem of readjustment faces you, and even at the cost of some disagreeable moments I think you'd better make it. You must insist that you need money for certain things and that your requirements are just a drop in the bucket compared to your past earnings. Your husband must learn to make one salary take the place of two and though it may be hard at first he'll catch on.

Money problems are so individual that no perfect solution exists. Each family must handle its finances according to needs and desires. One definite rule, however, can be given. Except in illness, or other special circumstances, a wife's earnings should not be used to lessen the husband's responsibilities. He must always know that he's the breadwinner, and that income other than his is marked for something special, like a house, new furniture, a car, trip, education, and the like. Trouble begins when a wife's salary goes into the general household fund covering food, clothing and home upkeep.

This usually leaves the man of the house with a surplus that he can easily find its way into the wrong channels. The worst angle of your income is that frequently a couple come to depend on it so much that it can't be sacrificed even to raise a family. Working wives do a wonderful job helping their husbands get started, but they shouldn't be depended upon for permanent support.

DEAR MISS DIX: A while ago I met a man who meant everything to me. He never spoke of love, just of having an affair. I know it was right to send him away, but is loneliness better than doing the wrong thing?

MISS L.  
ANSWER: You might look at it this way: Which is better, loneliness with or without your self-respect? The man would have left you in big time anyway. Isn't it more satisfying to know you were the one who took that step? Rest assured you did the right thing, and you won't regret it.

and worded the same as the invitations to her first wedding, with the exception that instead of the name, "Mary Elizabeth," her name should read, "Elizabeth Smith."

RECORD SLAUGHTER  
The American Meat Institute says cattle slaughtered for meat production in 1954 are expected to

## That Body of Yours

By James W. Barton, M. D.

BEFORE the time in the 1920's when Drs. Banting and Best discovered insulin, anyone stricken with diabetes knew that death was only a matter of time because diabetes was always fatal. Now, however, with the use of insulin and following some simple advice as to treatment, especially diet, diabetes may live as long as the non-diabetic. The diabetic needs to know and understand why his diet has been planned especially for him. For example, he may compare his diet with that given his neighbor, who is also a diabetic, and find that they are not the same. This may be, for example, because one does a different type of work than the other, has a different body build and body requirements, and thus the number of calories will be greatly different.

Another point to remember in outlining a diet for a diabetic is his environment, his surroundings. He may be taking his meals at home in which case it is comparatively easy to have the correct type and amounts of food, or he may be eating in restaurants or canteens where it is very difficult to obtain his proper diet. He also will prefer some foods more than others, as everyone does. And the amount of money he can afford to spend on food will influence his choice of foods.

We should remember that it is a great shock for a person to be told he has diabetes and must remain on a diet, perhaps for the rest of his life. For a time the bottom seems to have dropped out of everything. Reassurance is what he needs. It should be remembered also that the patient usually is quite curious about his ailment and this curiosity should be satisfied. He should be given a chance to learn all about food values and the principles behind the selection of his diet.

It might be interesting to compare the make-up of the normal diet as compared with the diabetic diet. Looking at the three main groups: Carbohydrates (starches and sweets), 1,000 calories daily for the normal person and 600 calories for the diabetic. Protein (meats, eggs, fish), 240 calories for the normal person and 300 for the diabetic. Fats (butter, cream, egg yolk), 540 for the normal diet and 810 for the diabetic. Thus we see that, in general, the diabetic increases his proteins and fats slightly and decreases his carbohydrates to a larger extent.

A simple diet might be:  
Breakfast: One portion fruit, cereal and cream or a slice of bread and butter, 1 or 2 eggs, or 1 egg and bacon, coffee.

Luncheon: Meat or fish; vege-

## Cook's Corner



### RAISIN BREAD

1 1/2 cup milk  
1 1/2 cup water  
1 large tablespoon shortening  
1 dessert spoon salt  
1/2 cup brown sugar  
1/2 cup molasses  
Scald and cool.  
Add:  
1 beaten egg  
1 package dry yeast dissolved in 1/2 cup warm water and 1/4 tsp. spoon sugar  
1 1/2 teaspoon cinnamon  
12 cups flour

—Mrs. Lorne Campbell, New London W. I.

tables (except corn and potatoes) fruit, 1 slice bread.  
Dinner: Same as at noon or more abundant and usually containing a salad.

### JOYOUS FEAST

From early times the religious colors for Easter has been white, symbol of joy, light and purity.

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