

WOMEN

Page 8, The Guardian Thurs., April 12, 1956

LET'S EAT

Chef Makes Own Version Of Sea Trout Amandine

By Ida Bailey Allen

"It will be a pleasure to break bread with you," remarked our hostess, Mrs. Albert Godchaux. A waiter passed a basket containing small loaves of hot crisp French bread, each wrapped in a square of linen. She took a loaf, extended it toward me and we literally broke it in two. This is a symbol of the hospitality of New Orleans. For our singing Chef and I were lunching with Madame Godchaux and Justine, her genial son.

FAMOUS RESTAURANT

Madame Godchaux, a music lover, and our Chef were soon deep in a musical discussion while Justine Godchaux told me a little of the story of Galatoire's, the famous restaurant where we were being entertained.

"I've been coming here for 40 years," chuckled Madame, jumping from grand opera to the grand cuisine. "It's been practically long enough for me to own the restaurant! And I've never yet seen a menu!"

At Mr. Godchaux's suggestion, we all settled on Oysters Rockefeller.

OYSTERS ROCKEFELLER

Madame Godchaux and I ordered baby laph chops and tossed green salad. Justine had his favorite, a mixed seafood salad, which turned out to be shrimp and crabmeat tossed with lettuce, cucumber, a few capers and a mild (not tart) French dressing.

Our Chef ordered Sea Trout Amandine, rich, delicious and different made by a "secret" recipe. Since our return to the test-kitchen, however, he has worked out his own interpretation of this exceptional dish and presents it in today's column.

TOMORROW'S DINNER

Romaine-Cucumber-Cress Salad
Sea Trout Amandine
French Bread
Flaky Rice
Green Peas

PEOPLE LAUGHED

UGLEY, England (CP) — The women's institute of this Essex town has changed its name from Ugly women's institute to "The Women's Institute. Ugly." Members explained "people laughed at us."

TIME-WASTER

LONG BUCKBY, England (CP) — Residents of this Northampton-

Mocha Ice Cream on Pound Cake Slices
Mocha Carmel Sauce
Coffee
Tea
Milk

Sea Trout Amandine — Our Chef's version: Clean and wash a 2 1/2 lb. sea trout. Place in a square of linen. She took a loaf, extended it toward me and we literally broke it in two. This is a symbol of the hospitality of New Orleans. For our singing Chef and I were lunching with Madame Godchaux and Justine, her genial son.

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NEW HOODED SWEATER

This wool sweater from Australia won an award in the sportswear section of the international awards there. It is a long-line sweater of black wool, with a hooded yoke of striped blacked, tan and white wool. (CP Photo).

CAC Presents True Facts To Public

Did you know that there are probably over 3000 different types of toys on the Canadian market at any one time? Can you tell which ones children really like, which kinds are really worthwhile buying? The Canadian Association of Consumers has a great interest in toys and its very active Toy-Testing Committee is the only one of its kind in Canada. The manufacturers of Canadian toys welcome the help of this committee which is helping them to improve their product. Reports on the toys tested are available to members of the Canadian Association of Consumers.

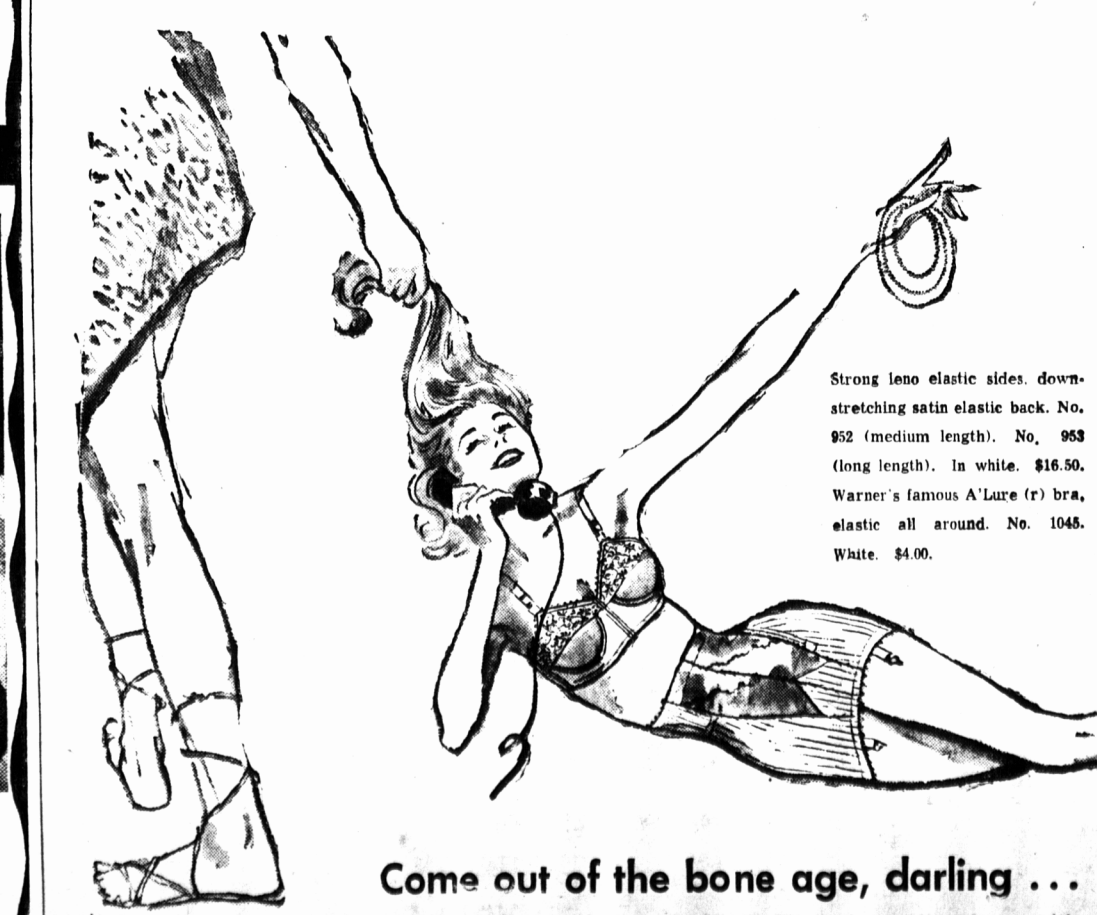
THE CAC VOICE
Did you know that the chief function of the Canadian Association of Consumers is to act as a voice for all consumers: The CAC pres-

ents the consumers' point of view before government commissions and boards. It confers for consumers with groups representing trade and industry and agriculture as well as government. It advises the manufacturer of consumers' opinions about his product. The Canadian Association of Consumers works the other way round, too, giving consumers information they need for their protection and for wise buying.

ACHIEVEMENTS
Did you ever consider a list of the small services the Canadian Association of Consumers has rendered in its short history? The pink gauze is gone from the peach; the red stripes have left the bacon; the weight of the contents is marked on the soap packages. The design and usefulness of household articles and of toys is improving. There is more information on labels on fabrics. Stockings often have the length marked at the top.

Master Gary Coffin and Master Roger Coffin returned Tuesday by plane to Halifax. The boys had been visiting for two weeks their

These things have been achieved for all consumers by a small number of Canadian women with very little money. You can help their work by joining the Canadian Association of Consumers now



Come out of the bone age, darling . . .

Warner's (R) exclusive new STA-FLAT, TM replaces pokey bones with circular springlets

Warner's removes those long, pokey front bones that dug into your midriff. Now control is achieved with light, circular springlets pocketed in the girle's front panel.

These miraculous little curves actually give more support than the pin-point support you get from boning, because they firm a larger area. And, unlike bones, they're

resilient as you are, actually move with you—plus giving you the extra strength where you need it most (midriff, waist, tummy).

Now in one of Warner's best-selling styles (with exclusive Sta-Up-Top (r) too). Feeling is believing, so why not come in and try your STA-FLAT today?

MOORE & McLEOD Limited

KEEP IN TRIM

To Look Young Streamline The Middle Measurement

By Ida Jean Kala

Exercise is the streamlining measure by which you can change from a size 18 1/2 to an 18 diminutive, or from any half size to a regular size. Today's exercise program is designed to help you slim 2 1/2 inches off the waist; 3 inches off the abdomen; and 2 inches off the hips.

To reduce the 12 pounds that stand between you and the smaller size, keep your calories at 1000 a day, all in protective foods—lean meat, fish or fowl; eggs, skim milk or buttermilk, cottage cheese, green leafy and yellow vegetables and fruits. Have 2 thin slices of bread a day, and 1/2 a potato. Eat breakfast, including an egg, stop overeating at dinner and cut fats all along the line.

Now for the slimming-toning exercises. . . for waist and stomach. Position: Standing on knees, then simply sit back on heels. Have el. Pull firmly up and in with abdominal muscles, and hold this contraction throughout exercise movement.

Movement: Bend slowly sideways to the right, aiming to touch fingers of right hand to floor at right, and at same time reach out with left hand, stretching clear to fingertips. The rhythm is bend,

s-t-r-e-t-c-h, hold-s-i-i-m. Make it slow and slimming. Come back to position, bend to the left side and continue for six counts.

The second exercise reaches stomach and hip muscles. . . Position: Lie on back, left knee bent, right leg straight down, arms out at sides, forearms back. (The arm position straightens shoulders.)

Movement: Swing right leg side-ward as far as it will go, then back to position, and swing leg straight up to right angle, and s-i-o-w-l-y lower leg to floor. Swing again, about six times. Bend right knee and swing with left leg.

Now swing for the hips, combining swinging with holding.

Position: Lying on side, palm of hand braced on floor for support. Movement: Swing top leg forward freely; then swing away back and again forward and back. On the second back swing h-o-l-d. The rhythm is swing, swing, swing, h-o-l-d. Repeat six complete times, then change sides and swing with the other leg.

Instead of complaining that the half-size fashions are matronly, get busy and alter your measurements as you reduce a dozen pounds. You'll be so happy that you did!

HAPPENINGS

The A.Y.P.A. of the St. Paul's Church entertained in honour of Miss June Dennis and Mr. Bill Ives, Tuesday evening, in the parish hall. After the regular meeting a miscellaneous shower was held for this popular young couple at which many lovely gifts were received and the usual accompanying humorous verses read. Every one joined in a singsong and the evening ended with best wishes to June and Bill for a "happily-ever-after" life.

The staff of the Bank of Nova Scotia entertained Saturday afternoon at a shower in honour of Miss June Dennis at the residence of Miss Norma Dalziel. Miss Dennis was the recipient of many lovely and useful gifts and graciously thanked everyone for their gifts. A dainty luncheon was served by Miss Edith Anderson and Miss Norma Dalziel.

Miss June Dennis, one of the seasons' brides-to-be was the guest of honour Friday evening at a miscellaneous shower given by Mrs. Don Livingston, Richmond Street. Mrs. Ervin Buchanan assisted in serving dainty refreshments to the many friends present. Miss Dennis expressed appreciation for the beautiful gifts received.

Master Gary Coffin and Master Roger Coffin returned Tuesday by plane to Halifax. The boys had been visiting for two weeks their

These things have been achieved for all consumers by a small number of Canadian women with very little money. You can help their work by joining the Canadian Association of Consumers now

grandparents Mr. and Mrs. W.P. MacLeod, Charlottetown. The boys spent the Easter holidays in New York and Bermuda.

Mrs. Wallace Murray, King St. Summerside, entertained for Miss Betty Lou Trendelenko prior to her marriage. A lovely gift was presented from St. Mary's Sunday School teachers by the superintendent, Mr. Ralph Ozon.

BREADALBANE W.M.S.
The auxiliary of the W.M.S. of Breadalbane United Church met at the Christian Stewardship reading. Minutes of last meeting were read and approved. Roll call was responded to by eight members and one visitor. A thank-you card was received.

It was decided to send five dollars to Maritime Home for Girls. For the program, Mrs. Livingston gave a reading "Charlie Carlson, a Drummer Boy". Mrs. Sterling Yeo gave a reading entitled "A at the home of Mrs. Hugh F. MacKay on April 5th. The president presided and opened the meeting.

In the absence of the devotional leader, the service was led by Mrs. H. F. MacKay as follows: The theme for the service was "Mission Tides". Opening hymn was 105 followed by the scripture lesson read by Mrs. Harold Toombs. One verse of hymn 107 was sung. The leader then led in prayer followed by the Lord's Prayer in unison.

Mrs. H. S. Raynor and Mrs. Angus Gillis gave readings on the theme, and a discussion on the subject was conducted by the leader. Individual prayers were offered for our countrymen and our missionaries by Mrs. Hedley Woodside, Mrs. James Snowie, Mrs. Angus Gillis, Mrs. Millage MacLeod,



A LITTLE LARGER FOR SPRING

The big hat looms large of course, but the small hat still has its champions. Naturally it hews to the line and takes on a little more dimension to advertise its newness. Here is an excellent example of the larger-little hat, a charming navy blue and white silk bonnet, which, with its accompanying scarf offers fine escort service to a suit. The hat has an arrow-shaped pin centered in front.

COOK'S CORNER



A chapter on Easter was read from the study book by Mrs. Earl Todd. Mrs. Alex C. MacDonald led in prayer for our adopted missionary. A verse of hymn 107 brought this part of the meeting to a close. 23 home calls were reported. A letter from Rev. Harold Young acknowledging quilts sent from the society one from Mrs. Creed concerning reading material and the annual reports were read by Mrs. James Snowie.

Next meeting is to be held at the home of Mrs. James Snowie, with Mrs. Hedley Woodside as devotional leader. Mrs. Harold Toombs will have charge of the study books and Miss Mamie Stewart will have prayer for our adopted missionary. Meeting closed by singing hymn 249.

Continued on page 9

TOFFEE COOKIES

Melt in a double boiler- 2 toffee bars
2 plain chocolate bars
1 dessertspoon milk
1/2 pkg. rice crispies.
Shape in cookies.

Honeymoon Cruise In Italian Waters

After Royal Bridal

MONTE CARLO, Monaco (AP) — Prince Rainier and Grace Kelly will sail on their honeymoon cruise in Italian waters. They will visit the romantic island of Capri, Naples and Rome, and perhaps go on to the Greek islands.

A highlight of the trip will be the stop in Rome April 24, where the Italian government and diplomatic corps will turn out for a gala reception.

The next day Rainier and the American movie star will visit Pope Pius. The Vatican will receive them with ceremonies reserved for heads of state, even though theirs is one of the smallest.

They will be welcomed by the secretaries of state and escorted to the pontiff's private apartment to be photographed with the Pope.

Afterwards escorted by the famous Swiss guards they will visit St. Peter's Basilica.

Rainier's yacht the 138-foot Der Juvante II, has been refurbished for the honeymoon cruise. The prince and his bride will board it a few hours after their marriage April 19 in Monaco cathedral. Only the crew and favorite dogs of the couple will accompany them on the cruise, expected to last a month.

Miss Kelly arrives here Thursday aboard the liner Constitution. The prince will take her and her party aboard his yacht a few hundred yards off shore and bring them into the flag-bordered harbor of Monte Carlo. Yacht owners have been requested to show American and Monaco flags and give one-minute whistle salutes. Preparations for the wedding in Monte Carlo are reaching the semi-final stage.

Presenters are arriving at the palace at the rate of one every five minutes. "They range from nothing at all to important presents," a watchman noted.

Even the flagstones of the courtyard are getting a polishing. And gilded and red-and-white flagpoles have been mounted in a great circle around the palace square.

MORNING SMILE

"Mailed you cheque for million kisses on your birthday," wired the husband from the fishing lodge. "Thanks for cheque wired the wife; 'the druggist was happy to cash it.'"

Words Of The Wise

It is easier for us to be wise for others than for ourselves. —(La Rochefoucauld)

Top Quality Meats

PORK CHOPS	LOIN TRIMMED	lb. 49c
HAMBURG	FRESHLY GROUND	lb. 29c
CORNER BEEF	BRISKET OR PLATE	lb. 25c
VEAL	BONELESS OR ROLLED	lb. 39c
NECK RIBS	FRESH or CORNED	lb. 17c
BACON	DEVON SLICED	lb. 41c
STEAK	DELICIOUS ROUND	lb. 59c
COD FILLETS	SKINLESS & BONELESS	lb. 33c

EXTRA SPECIAL

5 LB. BAG **45c**

SPECIAL

YORK 20 OZ. DICED BEETS

OR

DICED CARROTS

3 TINS **39c**

HEINZ KETCHUP

11 OZ. 2 Bottles **49c**

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THE BEST SHOP TO SHOP BEST

"TOP QUALITY GROCERIES"

SHIRRIFF'S 24 oz. Marmalade GOD MORNING **btle. 49c**

20 OZ. PETER PAN Peaches **2 tins 49c**

CANADA 1st GR. ANY BRAND Butter **2 lbs. \$1.25**

CHRISTIE'S DAINTY Soda Biscuits **pkg. 29c**

E. D. SMITH 20 OZ. Cherry Pie Filler **35c**

CRISPY FLAKE Shortening **2 lbs. 29c**

TASTY CANNED MEAT Prem **tin 35c**

WHITE GRANULATED Sugar **10 lbs. 79c**

CHOCOLATE MARSHMALLOW Cookies **lb. 39c**

SOAP DETERGENT LARGE PKG. Vel **pkg. 25c**

PURITY WHITE Cake Mix **pkg. 25c**

Perfection Dutch Apple ICE CREAM

Tastes like pie... give it a try

Real, juicy apple slices accent every inviting scoop of "spiced-just-right" Dutch Apple Ice Cream.

Zimt* adds that wonderful home-baked pie flavor.

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