

Good Protein Supply Essential to Health

By IDA BAILEY ALLEN

"One of the critical problems of agriculture can be stated as 'not enough protein, too much fat and oil.'"

It was Mr. True D. Morse, Under Secretary of Agriculture, speaking, in a recent address in Colored Springs, and the Chief listened attentively as I read from the speech, which continued:

"All body tissues except fat are made up of protein, and their growth, upkeep and repair requires a constant supply of this vital element. Proteins from animals are superior to those from most plant foods. We do not eat enough meat, milk, eggs and other high protein foods according to doctors, dietitians and specialists in human nutrition. Yet we consume all the animal proteins that are produced."

"May I suggest, Madame," said the Chief, as I finished, "that if the 45,000,000 homemakers of this country would each serve two fish dinners a week, they would not only produce more interesting meals, but also save money and help to conserve what I call 'land proteins.' The enthusiastic acceptance by the public of frozen fish products that Americans like fish. If the ladies will try our new stuffed fish fillets they will find they also will make a hit."

TOMORROW'S DINNER

- Celery-Cabbage Slaw
 - Stuffed Fish Fillets
 - Green Beans
 - Winter Squash Casserole
 - Apple Betty
 - Whipped Topping
 - Coffee
 - Tea
 - Milk
- Stuffed Fish Fillets: Order 6 thin fillets of haddock, ocean perch, flounder, cod or whitefish, or use 2 (1 lb.) pkgs. thawed frozen fish. Brush with lemon juice. Dust with 1 tsp. salt, 1/2 tsp. monosodium glutamate and 1/4 tsp. pepper.
- Rub 6 large custard cups with butter or margarine. Curl a fillet in each to form a lining. Fill with bread soufflé custard.
- Bake in a moderate oven, 375 degrees F., and unmold. Garnish with parsley.
- Savory Bread Soufflé Custard: Melt 2 tbs. butter or margarine. Add 1/2 c. fine soft enriched bread crumbs and 1/2 c. milk; stir over low heat until thickened.
- Separate 1 egg; beat white stiff and yolk until creamy. Add 1 tbs. milk to yolk; stir into cooking sauce. Stir and simmer 1 min.
- Season with 1/4 tsp. salt, 1/4 tsp. monosodium glutamate, 1/4 tsp. pepper, 1/2 tbs. parsley. Fold in egg white; use as directed.

TRICK OF THE CHEF

Add 6 sliced stuffed olives to celery-cabbage slaw.

weeks before flowers are needed it forms an ideal bush plant. It can be carried up to any height on a single shoot and stopped when the desired height is attained, and will quickly form a head as a standard. If the head is kept pinched it can be made to form a ball or any shape desired or can be allowed to grow with very little pinching when it will form a lovely weeping standard.

I hope some of the cuttings that I have planted will grow so that experiments can be made. Some very large plants have bloomed here in the garden for years and they are wintered in the basement.

The pendulous, Burning-at-noonday Magic lantern fuchsia. —Anstey.

The Camellia is blooming with six crimson flowers flecked with white and soon there will be more flowers coming so that the plant is very lovely with its dark green shiny leaves. This is the first time a Camellia has flowered here and it is very welcome.

Growth I brought forward from the window-sill my favorite bowl in which two strong hyacinth bulbs had forced their green shoots through the soil. They were less than an inch in height, but full of promise of the beauty to come. I asked for admiration on their behalf. Nobody will convince me that there is the same quality of joy to be gained from buying two blue hyacinths, just about to burst into flower, as there is in bringing home two hard brown bulbs, safely embedding them in damp earth, and tending them until a small green speck thrills one with the miracle of living things. I sometimes think that the flower when it comes in its full glory is secondary to this first stirring of a new birth. And this they tell me is a waste of time.

Quiet Things When days are full of discord, And every moment brings Its share of strife and worry, I think of quiet things— Quiet things and calm things— Lovely things like these: Dim woods at nightfall, Snow on hemlock trees, A cherry tree in blossom, Cobwebs hung with dew, Yellow leaves drifting down With sunlight glancing through. Behind closed lids I seek them— Again and yet again— Curling wisps of good smoke. Violets in the rain. —Mary Billings.



To Parliament

Governor-General Vincent Massey rides to Parliament Hill in his state carriage with a 24-man RCMP escort for the opening of Parliament.—(CP Photo).

MARY HAWORTH'S MAIL

Finds School-Age Son

My husband would be shocked if he knew; and if I spoke to my son, he'd want to know how I found out. He seems to be in a fog and worried. How can I tactfully get word to Ada that she is making a terrible mistake, and may ruin her name; and could even lose my son's respect—so that he couldn't trust her after marriage. I've heard that the greater percentage of high school couples are having affairs. Three girls from prominent families were sent away temporarily, in a buzz of scandal. Please write something helpful.

Broach Subject Straightforwardly DEAR F. A.: In your very long letter, here condensed, you say "Ada has been in our home and we like her very much, and she has talked to me about how her parents treat her." (Strictly, you mean). Well this suggests some natural rapport between you, thus a friendly approach to deep discussion of the delicate problem may be possible.

To break the ice, just lead into the subject straightforwardly, in a private session planned to permit several hours' uninterrupted discourse, if necessary to disarm tension and reach constructive conclusions. Talk to her in a wisely precautionary vein—not in a shocked self-righteous tone about "what my mother always taught me"—if you intend to be helpful, and not just punitive (unconsciously).

A straightforward lead might begin thus: "Ada, this is terribly difficult and terribly serious—but I know you need help, whether you realize it or not. And for all

sorts of reasons, including my fondness for you, and how much you mean to my son, I want to help you if I can..." Then plunge into a brief review of your accidental reading of the first note; your subsequent research into further correspondence (for which you needn't apologize too much)—and your growing concern for her welfare.

Non-Partisan Slant Advisable But before pursuing this outline further I think I ought to say, here and now, that I feel your son should share in the exchange too. He is as much a party to the problem as Ada is—and there's no sense your taking the attitude that she is compromising him against his will. Both are involved rather helplessly.

Since they genuinely care for each other and look forward to marriage, despite their mistake, the salvation of their integrity depends upon arousing their collective will, to cooperate in reneuing their present drift. And this can be done only by talking to them as one—to get inside their defenses, clear up their confusion and win their confidence in the

FALSE TEETH That Loosen Need Not Embarrass

Many wearers of false teeth have suffered real embarrassment because their plate dropped, slipped or wobbled at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little PASTEETH, the alkaline (non-acid) powder, on your plates. Hold false teeth more firmly, so they feel more comfortable. Does not sour. Checks "plate odor" (denture breath). Get PASTEETH at any drug counter.

Here's An Answer To Your Coughs of Colds Problem!

Here is a new, pleasant cough syrup that works quickly and effectively—and agrees even with a child's delicate stomach. It's new Vicks Medi-Trating Cough Syrup.

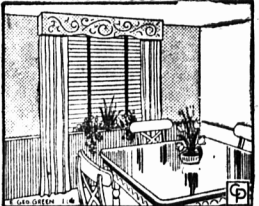
It's different—a combination of a new penetrating ingredient with a medicating formula. The penetrating ingredient carries the medicine to irritated crevices of

the throat, where the medicating ingredient can go right to work. That's why it's named Vicks Medi-Trating Cough Syrup. It medicates as it penetrates.

Works as effectively on children's as on adults' colds—and everybody likes the flavor. So, for relief of family coughs of colds, try new Vicks Medi-Trating Cough Syrup.

VICKS MEDI-TRATING COUGH SYRUP
It Medicates as it Penetrates

Wife Preservers



Height can be achieved in even a small room with a window treatment like the above. The tapes of the Venetian blinds are of a contrasting color and add vertical lines for height. The covered cornice is over a conventional traverse rod installation.

value of self-discipline, and fidelity to the long view in courtship. For guidance in steering the discussion, study Ralph G. Eckert's pamphlet "So You Think It's Love!"—available for 20c, by mail order, at 22 East 38 Street, New York City 16. Mr. Eckert is a consultant in the field of parent education, and his brochure considers the related dangers of "dating," necking, petting and going steady."

M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of The Guardian, Charlottetown.

Democrats Name Convention Date

WASHINGTON (AP)—The Democrats announced Friday they had picked Monday, Aug. 27—the second latest date in party history—to start their 1956 convention to nominate a candidate for president.

Paul M. Butler, new chairman of the party's national committee, said the date, five weeks later than the start of the last convention in 1952, had been selected after consultation with members of the party's executive committee and other leaders.

Noted Beauty Authority Advises

"Don't Fool With Pimples"



by MARCELLA HOLMES
(Former Beauty Editor of "Glamour" Magazine)

"As a beauty editor many people have asked me, 'what should I do for pimples?' I always say, don't try just anything on them! Acne-type pimples are a serious condition that if neglected can permanently mar your looks. So use a medication specifically developed for pimples, and not multi-purpose skin creams or ointments that are claimed to be 'also good for pimples.'"

"You see, general purpose creams and ointments do not provide in a fast-drying greaseless base the special medical ingredients so necessary in the treatment of pimples. But fortunately, today, there's a scientific medicated formulation developed especially to clear pimples, that has proven its effectiveness in actual use by thousands in Canada and the U. S. It is called CLEARASIL."

oil from skin that authorities agree is a major factor in acne. In fact, CLEARASIL has such remarkable drying action that it clears and dries pimples surprisingly fast.

"CLEARASIL is antiseptic, stopping growth of bacteria that may cause and spread pimples. And since it is non-greasy, stainless, it may be left on day and night for uninterrupted medication."

Skin-Colored—Hides Pimples

"This new CLEARASIL medication is skin-colored to hide pimples while it works, and to end the embarrassment of pimples instantly."

"So again I advise, don't fool with pimples. General purpose creams and ointments have their proper uses, but don't depend on them for treatment of pimples. Treat this specific condition with a special pimple medication."

Reader's Digest reported on clinical tests using CLEARASIL type medication. CLEARASIL has helped so many boys, girls and adults that it is now the largest-selling special pimple medication in America. It must work for you or money back. Only 69¢. Large economy size \$1.19. At all drugists. Get CLEARASIL today.

New-Type Greaseless "Base"

"The special medications in the CLEARASIL formula are contained in a new-type oil-free 'base.' This new 'base' material is not only greaseless but is also oil-absorbing, actually helps remove excess

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about Christmas bills!
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You'll find our Christmas Club helps you make yourself save. It gives you a definite goal for saving—and the Christmas Club Coupon Book

reminds you to keep saving till you reach it. Then you get your cheque next November in good time for the holiday season.

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1. See Christmas Club plans in box at lower right. Check plan which suits your budget.
2. Ask for Christmas Club Coupon Book at any branch of The Canadian Bank of Commerce.
3. Make a small deposit to start—and one every second week.



Here's your Christmas Club Coupon Book. Hand it to teller with each deposit. He detaches coupon, stamps stub—which acts as your receipt—and hands book back to you. Wonderfully simple!

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You Make 25 Deposits — one every second week — of

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\$5	\$50
\$10	\$125
\$20	\$250
	\$500

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That's Right, Folks, GREENDAL'S are going all out on this one. They've sunk the knife to the very bottom—they're all through with winter stocks—and they mean all through. SO COME—SEE—SHOP and SAVE on all heavy winter goods—You'll get BIGGER and BETTER VALUES than we've ever offered before—

AND THAT'S SAYING SOMETHING

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- Men's SUITS to 49.50 **\$20-\$25**
- Boys' SURCOATS, including heavy plaids, Station Wagon COATS **8.95**
- Men's Work Shirts, Plain & Plaids .. **1.88**
- Men's Flannelette Pyjamas to 4.95 .. **3.00**
- Men's Work Pants, All wool, To 5.95 **3.95**
- Men's Rubbers 6 - 6 1/2 only .. **50¢**
- Men's Dress Pants, To 12.95 **4.00**
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- Newest Materials — Ladies' WINTER COATS to 59.50 **\$15-\$25-\$30**
- LADIES' FUR COATS— FRENCH SEAL (Dyed Rabbit) **69.50**
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- 1 Rack Ladies' SUITS to 35.00 ... **15.00-20.00**
- Ladies' new Cotton House Dresses and white and colored uniforms. **1.98**
- Children's Wool Gloves and Mitts— **69¢ and 89¢**
- Children's Snow Suits **4.95**
- Children's Snow Suits **1.00 and 2.00**
- Children's Wool Gloves and Mitts— **2.49**
- Ladies' Taffeta Skirts, Extra Spec. **2.49**
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