

## Cook's Corner

### FRALINE PUDDING

3 cups milk, 4 tablespoons cornstarch, 1/4 teaspoon salt, 1/2 cup brown sugar, 1 tablespoon melted butter; 2 eggs, separated; 2 tablespoons sugar, 1 teaspoon vanilla flavoring.

Scald milk in top of double boiler; add mixture of cornstarch, salt, brown sugar and butter slowly, stirring constantly. Cook until smooth and thick about 15 minutes. Separate eggs; blend a little of hot mixture with the yolks; return to double boiler and cook one minute longer. Remove from heat. Beat egg whites until stiff. Add sugar gradually, beating constantly. Stir in vanilla. Fold into hot pudding mixture and turn into serving bowl. Chill; just before serving add topping, made as follows:

2 tablespoons butter or margarine, 1/4 cup brown sugar, 2 tablespoons corn syrup, 1/4 teaspoon salt, 1/2 teaspoon cinnamon, 1 cup whole wheat flakes, 1/2 cup chopped nuts.

Combine butter, sugar, corn syrup, and salt in small saucepan; cook to soft ball stage, 236 deg. F. Remove from heat and stir in cinnamon. Pour over cereal and nuts, mixing lightly to coat each flake. Cool. Separate into small pieces. Sprinkle over top of chilled pudding just before serving. Yield: 6 servings.

## Better English

By G. C. Williams

1. What is wrong with this sentence: "He could not be awarded in his course, and things are not running very smooth."

2. What is the correct pronunciation of "bellicose"?

3. Which one of these words is misspelled? Trophy, troubadour, trowseau, triumvirate.

4. What does the word "prevalent" mean?

5. What is a word beginning with 's' that means "unreasoning zeal"?

### ANSWERS

1. Say, "He could not be awarded from his course, and things are not running very smoothly." 2. Pronounce bel-lis-ko, e as in bell. 3. Trowseau. 4. Generally or extensively existing. 5. Fanaticism.

## The Stars Say

By Genevieve Kambel

For Tomorrow  
THIS day's vibrations are excellent for the formulation of plans affecting future welfare and security. It is a day, too, when you can safely confide in others and, especially where persons of influence are concerned, depend on cooperation and sympathetic advice.

Socially, the aspects favor any ideas you may have for entertaining in the immediate future. The next two days give members of lively activity and relatives, so clear the decks of all trivia now. You may then look ahead happily to the promised period of relaxation, enjoyment and stimulating diversion.

For the Birthday  
If tomorrow is your birthday, you may look ahead to a year in which steady endeavor brings lucrative results. Toward the end of the year you may have to make several adjustments where domestic matters are concerned but, if emotional tension should result, try to remember that it is your own fault.

The latter half of 1953 should bring great prosperity in financial affairs with promise, also, of career advancement. A child born on this day will be affectionate, romantic, but inclined toward jealousy.

## Morning Smile

Absolutely Reliable

Jim: "Is he a good watch dog?"  
Joe: "Oh yes; if you hear a suspicious noise at night, you have only to waken him and he begins to bark."

Easier Days Ahead

A little old lady broke her ankle and had to wear a cast on it for three months. She was all excited when the doctor came to take it off. "Do you mean you are going to let me climb stairs again?" she asked. The doctor said she could. "Thank goodness," she exclaimed. "It was so hard shimmying up and down that drain pipe."

## ELLEN'S DIARY

By An Island Farmer's Wife

"Well, Ellen," James spoke in pleased tones this evening. "I'm blist if it's not started all over again! Do you know what we were at in a spell off from the barn-bit of a field to turn the sheep to when days are pleasant — It's getting to be fairly warm for them penned in the shed. No, no lambs yet — but one of these days!"

And so first blows were struck at the field-work at Alderlea and also in the same manner at this place "in" the road. We heard Rob and his helper chuckle about it. "It's a good thing that styles in fencing have changed," one offered. "If farmers had to take time to make or repair rail-fences nowadays... cut poles and all, they'd keep only a cow — and most of the time she'd be on tether!"

Sometimes with James when the ceaseless cycle of present-day farming becomes monotonous and our fatiguing spirits we buy in fancy, "a nice little farm somewhere," to which we repair in content. According to him it is "just what we can handle nicely ourselves, Ellen: a meadow or two, small, but enough to provide grazing and keep, for our ewe and cow, for James' mare and — after being adequately proofed against any desire to root — his sow."

What a morning we two should have, when we think of it, bringing that snout! We at a distance, and under orders, holding the last-like figure of rope to keep to a minimum her momentary activity; it wrapped as he would say "a turn or two for better purchase about some convenient beam or post, and we digging in heels to maintain our station, whilst as James adjusted and clamped the rings in place loud squeals and indignant would arise!

And with such a change of environment, other trying but most necessary chores would naturally gravitate to our lot: how should we help pill the ewe? And wash her in the post-shearing season to rid her of parasites? How too, to "iron" the piglets with mineral at stated periods — "not too much, Ellen, but a shade more than that! Your best teaspoon? Well, I took the first one I came to. What difference so long as we get the dose into 'em? Grumbling about a bit... y'old spoon at a time like this! Isn't that like a woman!"

How should we like to help drench the mare, though it be only to fetch and carry and "hand" should she chance to collect? And how "stand and wait" or "slip over and see how she is now" — should the cow suffer a period of bloat? No, though lovely as this plan appears when the cares of a bit more extensive farming ink when they are now, in the main, by masculine hands!

"And how are you managing this spring with markets for farm-stuff not too promising?" a visitor questioned James recently. "Oh, I don't know that markets make too much difference one way or another," he replied, "a farmer has to keep going — he just can't stop. The fields will be there to be cultivated and sowed, no matter how prices are." He smiled. "We're following the same lines as usual... keeping about the same head of stock, buying feed for hogs, milking a few cows and feeding it back to the calves. Just... he chuckled, "moseying along in the old way. What will come of it, I wouldn't like to prophesy!"

It however, has its satisfying spots, like that which to James' delight, putting all thought of winter behind, brought them today to the field-work.

Until tomorrow — Diary — Good-night

## Household Scrapbook

By Roberta Lee

Garment Covers  
The life of garments can be prolonged if covers of muslin made to cover the clothes on their hangers are made. Make a slit down the front of the covers and they can be easily removed and replaced.

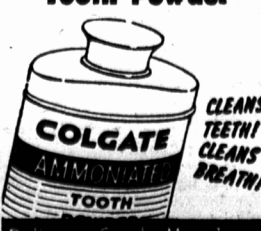
Cutting Fur  
Never use the scissors when necessary to cut fur when remodeling. Use a razor blade or a very sharp knife for cutting through the skin at the back.

Rice  
A little lemon juice added to the water in which rice is boiled will whiten it. It will also help to keep the grains separated.

Dental Research Indicates You Can Help Prevent Tooth Decay WITH COLGATE AMMONIATED Tooth Powder

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 3/4 c. once-sifted hard-wheat flour), 5 1/2 tsp. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 tb. chilled shortening. Combine 3/4 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 3/4" along one side. Cream together 1 tb. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

CLEANS TEETH! CLEANS BREATH!



## Kunce-Daley Wedding



Plying Officer Vataulas L. Kunce and Mrs. Kunce, the former Dorothy Daley, are shown cutting their wedding cake following their marriage in the Trinity United Church, Summerside, on Saturday, April 11th. The ceremony was performed by Rev. C. Daniel Matheson. The groom is a son of Mr. and Mrs. Walter Kunce of Kapuskasing, Ont., and the bride is a daughter of Mr. and Mrs. Frank Daley, Summerside. (Photo by Sears.)

## DOROTHY DIX'S COLUMN

### Husband A College Student

### Wife Clashes With Own Mother In Whose House She Lives

DEAR MISS DIX: I am a married woman of 25 with three children. The youngsters and I are living with my parents while my husband attends college in another state. I am working to support all of us. My parents have been wonderful to us, but my mother and I quarrel bitterly at times because we simply do not see eye-to-eye on many subjects. She objects to my friends (all female), can't see me going out to visit or attend a movie, and argues about everything else I do. If she doesn't change I'll have to move, though it means my husband must give up school—and he has only a few months to go.



Muriel Nissen

wife and mother, but the end is in sight. Separating a family, as you have done, in order to provide a man with further education is a very foolish undertaking. Since his schooling involved such a difficult arrangement, it would have been better to let him finish college before you married. See that you set up a home of your own just as soon as feasible after your husband's graduation, and don't let anyone talk you into breaking it up again.

DEAR MISS DIX: A few years ago, I promised my husband on his deathbed that I'd never marry again. Now I have met a fine man who wants to marry me, and I feel bound by my promise. I am 59, and while my first marriage was a perfect one, I would like a home and companionship now.

ANSWER: I do not believe in keeping deathbed promises of this nature. However, if you feel bound by yours, why not talk to your minister, who will, I am sure, convince you of your freedom to marry now.

DEAR MISS DIX: Recently I met a boy of 17, two years older than I. I liked him quite a bit, but found out he was interested in another girl. He has asked me to go out with him, but I've been refusing because of the other girl. I haven't told him why I refused his invitation and he seems to be hurt about it.

ANSWER: Of course, the boy is hurt, and with good cause. He wouldn't ask you out if he weren't free to do so. For you to draw conclusions otherwise is most unfair to the boy. You are both too young to go in for steady dating, so accept his invitations on the basis that he's going out with other girls, and you are free to enjoy the privilege of other dating, too.

DEAR MISS DIX: After 20 years of marriage, I'm convinced my husband will never settle down to a quiet old age. He has had at least three affairs in the last ten years, and though I love him, and know he loves me, I'm getting fed up. I work, and would like to quit. The first two affairs nearly killed me, but now it doesn't bother me any more. Should I leave him, or give up my job and stay home to find what contentment I can?

ANSWER: Since your husband is living his life as he wants to, I see no reason why you can't have some compensation for your unhappiness. If staying at home is your desire, go ahead and do it. Be prepared, however, to learn that giving up your job may not be the cure-all. With extra time on your hands, and less to occupy your mind, you may tend to do more brooding over your domestic troubles. At any rate, it's worth a try.

DEAR MISS DIX: Two years ago, when my youngest child was only a few weeks old, my husband deserted me and our three youngsters. I went to work to support us and managed very well with the help of my sister. Recently I met Leonard, and we fell in love. Our emotions got the best of us, and now I'm pregnant. He wants to marry me, and is devoted to my children, so I am sure we'd have a happy home together. The problem is, what can I do about my first

Continued on page 9

## HOLMES & BRADLEY SPECIALS

Rack of Children's and Misses' COATS and SUITS

(Assorted Sizes)—CLEARING AT \$5.00, \$10.00 and \$15.00 each

Table of OVERALLS, BOY'S SHORTS, COMMUNION DRESSES, SHAWLS Etc.

CLEARING AT \$1.00 and \$2.00 each

"The Store For Girls"

## That Body Of Yours

By James W. Barton, M.D.

### ALLERGY AS A CAUSE OF MIGRAINE — ONE-SIDED HEADACHE

I write frequently about migraine — one-sided headache — because so many bright, intelligent men and women are afflicted with this distressing ailment. In addition to the treading ailment, there is often nausea, vomiting and depression of spirits. The migraine patient characteristically has a tense personality and above average intelligence and nervous drive to emotional disturbances or stimuli. He is conscientious, worrisome, serious, deliberate — orderly — a perfectionist. He assumes unnecessary responsibility and decisions are difficult. When we examine the above description of a migraine patient, we are immediately struck with the resemblance of these symptoms found in patients with hay fever, so we are not surprised to read that research workers state that migraine is an allergic disease.

In the Journal of Allergy, St. Louis, Drs. A. H. Unger and L. Unger report the cases of 11 men and 44 women with classical migraine who were followed for three or more months; 44 of whom (80 per cent) were either completely or almost completely relieved of the attacks by finding and avoiding the foods causing the attacks. Allergy to food is the precipitating or immediate cause of attacks.

I have written before about the use of food diaries in which a record is kept of the foods eaten at every meal for a time and when an attack of migraine occurs, we are immediately struck with the resemblance of these symptoms found in patients with hay fever, so we are not surprised to read that research workers state that migraine is an allergic disease.

The Drs. Unger state that the feeding tests and food diaries are of equal importance in determining the food to which the patient is allergic. The patient should write down everything he eats for 24 hours before each migraine attack. If certain foods or groups of foods are mentioned repeatedly, these foods are avoided and later tried again to see if symptoms follow.

It is suggested that cooperation of the patients is required for three months or longer. At least two weeks between feeding tests is indispensable to allow a sufficient number of tests. In the tests made by these two research scientists, it was found that chocolate was the most important cause, followed by the excellent and nourishing foods milk, wheat and pork.

These research workers found that migraine is basically an allergic disease although emotional stimuli may provide individual attacks in allergic persons.

As with other needs of today, relaxation should receive full consideration by migraine sufferers.

## Modern Etiquette

By Roberta Lee

Q. When a secretary is opening her employer's mail and comes to an envelope that seems to be personal, what should she do?  
A. This would depend upon circumstances. Some employers would resent having their personal mail opened. Usually it is better not to open anything that has the appearance of being personal.

Q. When a woman has been introduced to you as "Marie Carson," how do you know whether to address her as Mrs. Carson or Miss Carson?  
A. The only thing to do is to ask her, unless there is someone else nearby whom you can ask.

Q. Are the announcements for a young widow's second marriage worded the same as those for her first wedding?  
A. Yes.

## Coronation Pageant



KNIGHT OF THE GARTER

With three other Knights, he stands holding the canopy of golden cloth over the Queen's head as she sits in the coronation chair and is anointed with holy oil.

Colours: Cape, red, velvet, white ribbons; cloak, white edged blue velvet, white satin lined; red ribbon across body; white stockings and shoes; blue garter; gold tassels; white lace cuffs and cravat.

## Anne Adams Patterns

EASY! EASY! EASY!

A Wrapron for your daughter! Just sew two or three. Mother, and RELAX for the season! As you see, it has FEW pattern parts, whips up in a jiffy, opens out to iron and a child can dress herself so easily! Make it in cotton in flower-fresh pastel colors!

Pattern 4634: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 1/2 yards 3 1/2-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly size. Name, Address, Style Number.

Send order to ANNE ADAMS, care of The Guardian, 60 Front Street West, Toronto, Canada.

## How Can I

By Anne Ashley

Q. How can I avoid a smoky odor when making griddle cakes?

A. A small cotton bag filled with salt and rubbed on the griddle, instead of lard, when making griddle cakes, will keep the smoky odor out of the house and the cakes will brown nicely without sticking.

Q. How can I keep linoleum from cracking when storing it?

A. If linoleum cannot be placed on the floor at once, but must be rolled up for storing, keep it away from moisture and excessive heat and it will not crack.



4634 2-10 by Anne Adams



Mrs. Guy Russell, Moore's Mills, N. B., 1952 winner at St. Stephen Fair, uses Fleischmann's Yeast exclusively.

## Her Baking Wins Prizes For 28 Years

As you can see, winning prizes for home baking is an old story with Mrs. Guy Russell, of Moore's Mills, N.B. Her collection of prize-winning tags from the St. Stephen Fair goes back to 1924! She can give good reasons for her success, too. "I have baked bread as many as four times in a week," says Mrs. Russell. "But it isn't just experience or baking skill that makes you a prize winner. First you have to have the finest ingredients. For rolls and bread my choice is Fleischmann's Yeast. With Fleischmann's I'm sure of quick rising and fine results." That's just what they all say! Prize-winning cooks throughout the Maritimes depend on Fleischmann's Yeast.

## 3 WAYS BEST FOR WHIPPING

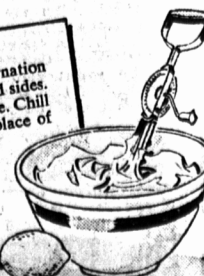


1 NO SPECIAL ORDERING — You're always ready to make whipped toppings, whipped cream desserts, when you have Carnation.

2 IT'S SURE TO WHIP — if Carnation, bowl and beater are cold. Never goes buttery.

3 YOU SAVE UP TO 75% — Carnation triples when whipped... and costs less than 1/4 as much as whipping cream.

HOW TO WHIP CARNATION For dessert recipes — chill undiluted Carnation in freezing tray until crystals form around sides. Or chill unopened can several hours on ice. Chill or chill unopened can several hours on ice. Chill or chill unopened can several hours on ice. Use in place of whipped cream. For topping — when whipped as above to foamy stage, add whipped as above to foamy stage, add 1 tsp. lemon juice for each 1/2 cup Carnation used; whip stiff, sweeten to taste. "From Contented Cows"



## Très Secrète

INFLATABLE BRA

now in a longer line!

The very same Très Secrète already so popular in a short bra is here in a longer line.

NO HEAVY RUBBER PADS  
Just a wisp of air and you will have the bust line you have always longed for. And—for the fuller bust too.

Style #26B  
32 to 38  
White

Très Secrète will mold you to a new bust line beauty. Your new dresses or suits will fit perfectly without costly alteration.

C. J. GRENIER LIMITED  
MONTREAL, QUE.

## No end of surprises with MAGIC!

### PEANUT BUTTER PINWHEEL LOAF

Mix and sift into a bowl, 3 c. once-sifted pastry flour (or 2 3/4 c. once-sifted hard-wheat flour), 5 1/2 tsp. Magic Baking Powder, 3/4 tsp. salt. Cut in finely 7 tb. chilled shortening. Combine 3/4 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork. Knead for 10 seconds on lightly-floured board and roll out to 1/2" thick rectangle, 8 3/4" along one side. Cream together 1 tb. butter or margarine, 1/4 c. peanut butter and 1/2 c. lightly-packed brown sugar; sprinkle on rolled-out dough. Beginning at an 8 1/2" edge, roll dough up like a jelly roll and place in a greased loaf pan (4 1/2" x 8 1/2"). Bake in a hot oven, 400°, about 45 minutes. Serve hot, cut in thick slices, or cold, cut in thin slices, lightly spread with butter or margarine.

MAGIC BAKING POWDER

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