WOMEN

LET'S EAT

Girl Scout Version Of Trick Or Treat

By Ida Bailey Allen

The girl scouts manage to have fun and prove helpful to others, both at the same time.

For instance, on last Halowe'en an evening when mischief literally brewed and boiled over country-wide, the Girl Scouts of the U.S.A. were busy as bees with special projects.

Unusual Treat

In Central Carolina, N.C. a Girl Scout Council used the Halloween "Trick or Treat" to obtain a supply of grocers as a "thank you" for a blind woman who had been a basketry instructor at their camp.

In Pittsburgh, California, Intermediate Troop 84 collected staple foods to be included in Thanksgiving baskets distributed by the city.

The Girl Scouts and Brownie Troops of Middletown, Pennsylvania, selected "International Friendship" as their Halloween project. They announced, through a story in the papers, that their Halloween "Trick or Treat" was to collect soap, pins, needles and thread as "a treat for our friends overseas."

Gaily Decorated Sacks

Quantities of gifts were collected. The girls packed them in gaily decorated orange and black sacks to be distributed abroad by the American Friends Service Committee.

A blind troop in Raleigh, N. C. made special Halloween tray favors for "sighted" children in a nearby hospital.

Wherever the Girl Scouts were working together on these projects there was gay laughter, fun, and of course as a topper-off, plenty of cider punch, red apples, doughnuts and Halloween games.

TOMORROW'S DINNER

Green-Peppered Cole Slaw
Swiss Steak Gravy
Grated Carrots and Potatoes
Coffee Tea Milk

Grated Carrots and Potatoes:—In a saucepan, combine ½ c. boiling water, ¾ tsp. salt, ¼ tsp. monosidium glutamate, 2 cups grated fresh carrots, 2 c. grated raw potatoes, 1 tbsp. butter, ⅛ tsp. pepper and 1-16 tsp. nutmeg.

Cover; boil 4 to 5 min., or until the liquid evaporates.

Plum Cheese-Pastry Squares:—Stir together ½ c. shortening and ½ c. cream cheese.

Sift together ½ c. already-sifted enriched flour and ½ tsp. salt. Work into the creamed shortening.

Transfer to a floured board or pastry cloth. Roll 1-3" thick. Fit into an oiled shallow pan about 9" square.

Wash, drain, halve and stone 1 lb. plums or fresh prunes; mix with ½ c. sugar. Spread over the pastry. Pour in ½ c. commercial sour cream. Then sift over 1-3 c. confectioner's 10X powdered sugar with 1 tsp. cinnamon.

Bake 30 min. in a hot oven, 375 deg. F or until the crust browns around the edge and the fruit is slightly browned and fork-tender.

Serve warm or cold.

TICK OF THE CHEF

For variation add 1 c. drained canned or cooked peas or grated carrots and potatoes.

KEEP IN TRIM

Harmonized Proportions

By Ida Jean Kain

If your weight is reasonably normal and your proportions harmonize, you should be able to slip smoothly into a dress and waltz right out of the store in it. You're in fine shape if a hem alternation only is required.

The pivotal measurements are: Bust, waist, abdomen, hips. In standard dress sizes for each body type, measurements are based on the bust which is the gauge of upper body structure.

Using the bust measurement as a gauge, test for harmony of proportions: The waistline is rightly proportioned at 8 to 10 inches smaller than the bust circumference. The average difference is 8½ inches. There should be only a slight curve of the abdomen. Ideally, this measurement should be from one-half to two and one-half inches smaller than the bust circumference. Alas, this measurement increases with excess weight. Slumped posture and flabby abdominal muscles aid and abet the spread too.

The hip measurement will vary with body type. Ultrastreamlined hips measure the same as the bust. Hips that measure from one to two inches larger than the bust are termed average. Hips that measure three to four inches larger than the bust are termed full.

Be sure to take correct measurements to get the facts about your figure. To make the test accurate, here are the rules. The bust over a properly fitted bra. Circle tape around back and under arms, and bring it together at the center of the bust at the level of maximum curve. Next, circle tape around body to include the curve of the abdomen at the level of greatest protuberance, as viewed from the side. Last, the hips. To get the full measure, circle tape around lower hips at the largest part to include the buttocks.

Body type is inherited, and your normal weight depends on whether you have a small, medium, or large frame. It is true that with overwieght, all your measurements will be too ample, and more than likely, some will be more out of proportion than others, for excess fat always parks on the least used areas. With weight at healthy normal for your structure, harmony of measurements will give you a fine figure.

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COOK'S CORNER

BANANA LOAF

½ cup butter
1 cup white sugar
2 eggs
2 bananas beaten
1 tsp. soda
½ tsp. salt
¼ cup chopped walnuts

Mix and bake 40 minutes at 375 deg. temp.

ALICE BROOKS DESIGNS

FLOWER AFGHAN

A garden of colorful flowers in lifelike form — beautiful new design for this decorative afghan!

Pattern 7297: Directions for crocheted afghan to make in any size — each square 5½ inches in knitting worsted. Use scraps for "3-D" roses — easy, fun to do!

Send TWENTY-FIVE CENTS in coins for this pattern (stamps cannot be accepted) to Charlottetown Guardian, Household Arts Dept., 60 Front St. West, Toronto, Ont. Print plainly NAME, ADDRESS, PATTERN NUMBER.

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Words Of The Wise

There are no faults in a thing we want badly. —(Unknown)

HOUSEHOLD HINT

Examine the belt of your vacuum cleaner to see if it is worn or slack. If it is, have it replaced immediately.

PARIS DESIGNS RATE ENSEMBLE AS POPULAR FASHION

BLACK AND WHITE—This matching coat and dress from Paris is in a bold black and white herringbone pattern. The dress is trimmed with buttons placed two by two, and has pocket flaps on the hips. The coat is double breasted and has a large sealskin collar and lapels.

DRESS AND COAT—Bright red diagonal wool fabric is used in this all-in-one tunic effect dress and coat, also from Paris. Buttons trim the front down the middle and on either side of a fake collar. It is worn with a jaunty black beret.

(CP Photos)

ELLEN'S DIARY

By An Island Farmer's Wife

"If there were only a small patch of blue sky, a piece big enough to make a sailor a pair of trousers" we said with some longing at breakfast to James. "After the damp days we've been having of late wouldn't it be nice to see!"

There was damp of raindrops on the windows and mist of rain between us and the grove on a hillside—So much blue sky, delightfully sunny, we let pass in summer allowing it scarcely a glance. But now in the Fall! Not that we snug indoors at the housework do not enjoy the gray. Yet we always remember that the extent, the very stay of such enjoyment, depends upon the fields of the farm—and there now a last harvest awaits its saving.

"I'm thinking, Ellen" James said" we may be a lap behind this year. By rights we should have commenced the turnip-work earlier. I don't know why we left it so late. We knew the weather's not to be trusted at this season." He helped himself to a piece of toast. "But" he smiled away any pestering thoughts, "We'll get some nice days yet for the field-work."

"The moon changes the first of the week" we commented, pouring steaming tea to his cup—there is a peculiar balm for concerns of heart and hand in a good cup of tea.

"The weatherman say the moon has nothing to do with the weather" he offered. "And if one listens in to forecasts over distances its not difficult to understand that."

"It influences the tides" we said, recalling young years spent beside "a silver sea." "Besides the old folks, remember? the grandfathers and grandmothers of our childhood days, had an anxious regard for them. They noticed and remarked on every change and position of the moon. They cropped and hayed and harvested, and lived in part by them. The moon brought their babes to the world, and they recognized the moon's magic in numberless ways."

"And it was amazing what they knew—those old timers" he nodded "How learned and clever they were.

Down along the shortcut of front meadow which leads across the milldam with its "gates" and its flume, and then in an upward climb to the House on the Hill, James has gone through the wind and damp and dark of tonight to visit a while with the man of that place, at home now, convalescing nicely after a period of hospital care. And to us, looking across to those pastures by day, it seems as though the little herd there and the team of mares graze with more content, and the surroundings are again as they were, happy, now that the master has returned to the cares of his round.

All day the millpond was red and swollen and wind-whipped roughly -a troubled water and deserted - no ducks boating, no crane of summer angling, no dipping swallows wings. And tonight no mirrored stars nor bridge of moonlight thrown there.

"We all had a wonderful vacation on P.E.I. this summer" one writes. Another summer there will be. It will come by snowy paths and new greens of the springtime. But now with damp on the panes and a gusty wind in the chimney tonight—it is Fall.

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

MORNING SMILE

A page passed through the lobby of the exclusive hotel.

Manager (sternly) — Young man you should know that it is against the rules of this hotel for an employee to whistle while on duty.

Boy — I'm not whistling, sir. I'm paging somebody's dog.

Belmore-Johnston Vows Solemnized At Halifax N.S.

The J. Wesley Smith Memorial Church, Halifax, N.S. decorated with multi-colored gladioli, was the setting on Monday evening at 7 o'clock for the marriage of Miss Lillian Jacqueline Johnston, only daughter of Mr. and Mrs. John R. Johnston, Halifax, and Mr. Gary Kenneth Belmore, son of Mrs. Aubrey Joudrey, Mahone Bay, N. S.

Rev. Ward MacLean officiated. The organist was E. W. Shaefer and the soloist was Mrs. Harold Goulden.

Given in marriage by her father, the bride wore a gown of Chantilly lace and tulle over taffeta styled with a bouffant skirt accenting the slim waistline. A coronet of seed pearls held her chapel veil with applique trim and she carried a cascade bouquet of crimson roses and baby's breath with white satin ribbon.

Mrs. Helen MacSwain, Murray River, P. E. I. aunt of the bride, was matron of honor. She chose a gown of dusty rose net over taffetawith matching headdress. The bridesmaid, Miss Beverley Goulden, Dartmouth, N.S. wore a gown of cinnamon net over shades of taffeta. They carried nosegays of yellow roses and white mums.

Mr. Fred Corkum was best man and Messrs. Gerald Terrio and Vincent Chrisholm were ushers.

The mother of the bride chose a charcoal taffeta gown with turquoise accessories and a corsage of tiny pink roses. The groom's mother was attired in a turquoise ensemble with black acessories and tiny pink roses en corsage.

A reception followed at the Lord Nelson Hotel. Mr. K. C. Van Allen principal of the School for the Deaf, proposed the toast to the bride to which Mr. William Austin responded.

For their wedding trip to Prince Edward Island, Mrs. Belmore donned a fall suit of brown with pink accessories

LATE FALL COATS

The finely tailored all-wool fall coats worn by a grade and high school student are the latest in fashion. The older boy's sport jacket is a two-button style with patch pockets and centre vent in wool tweed. His topcoat is a three-button casual type of brown wool tweed. The younger boy wears a brown herringbone chesterfield with a deep-brown velvet collar. (CP Photo)

MARY HAWORTH'S MAIL

School Boys Mock Shy Girl As She Walks By Them

DEAR MARY HAWORTH: I am writing to you because I am so shy in school that the boys mock me when I walk by. They call my name, very drawn-out, and then laugh, which embarrasses me so much that I sometimes wish I weren't alive. I don't talk much and therefore don't have many frinends.

Once I heard, through my sister, that a girl friend and her elder brother talked about me; and the girl told my sister that the boy thought I seemed like a nice Christian girl, and he pitied me because I don't have dates. He doesn't go to my school; he sees me only at church. In public it seems that I just can't attract people to myself.

Yes, I know it starts at home. The person who really gripes me is mother. I doubt that she has said one good thing about me since I was a baby. It seems I always do the wrong thing. Whatever I do, she finds something I haven't done and gripes about that.

I am just wakening to the fact that dad isn't as bad as she makes out. When she is berating one of us kids, if dad says anthing, she turns on him and says "Slurs! All I can get out of you is slurs! You just shut up! Who does all the work around here anyway?" When he just sits there, with an all-knowing, pitying mocking grin, she gradually runs out of things to say, and turns on us again.

BRIGHT SPOTS

This example, a common ocurrence, doesn't encourage us to be little angels. Home is just one big whirl of kinds bickering, parents getting mad, and bang! A big quarrel! Over and over again. At night mom screams and yells and runs from room to room, turning off lights, trying to get us to bed. If one light bulb is on, the whole family can see it, so we all have to go to bed at once.

However, what I have written is the bad picked out of the good. There are a few bright spots in my days. I read a lot, and I read the Bible daily. Mom sees every book I bring in, and whenever she catches me reading, she tells me to get up and get to work ... I have to close now, but I hope you've got enough of the picture to tell me how to improve my relations at school, so I will be more friendly and not mocked. G.C.

OBJECTIVE LOOK

DEAR G.C.: I sympathize with you, and with your mother too. But your father's mocking grin, when she blows her top, doesn't build him up in my estimation. However, maybe he feels caught between the devil and the deep blue sea, when she sounds off — knowing that she has a problem in the houseful of kids, and that the children have a problem in her furious tension.

It seems she suffers from chronic exhaustion — and constitutional inadequacy for the burdens she carries. Obviously she is overwrought, as the usual thing, almost to the breaking point, due to the tedium and nervous wear-and-tear of bearing and rearing a good-size family, in a home situation devoid of restorative privacy. And in financial circumstances that provide little or no vacation or recreation for her, I suppose.

In such case, enither mother nor children are to blame, really. And a first-rate dad could help if he would, by cracking down on the kids as necessary, and taking the housework upon himself and them ocasionally, to give mom a full day's rest — say on a Saturday or Sunday. Such proof that they care about her, and regard her lovingly as a worthwhile person — worth cherishing — would make her easier to live with, I think. It could make a big difference in the home atmosphere — and do much to develop that friendly temperament that you wish you had.

OPTIMISTIC VIEW

Now, about yourself: You are an exceptionally attractive girl, I gather, with a special trait of shy reserve. Your letter shows that you have a bright mind and a way with words that could make you a professional writer, if you like. You rappetite for reading supports this bias, as does the somewhat solitary social routine into which a problem home-life steers you. So perhaps you are a great success-in-the-making, now learning about life the hard way, in this family

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CHARLOTTETOWN BRIDE

Mr. and Mrs. Jeno Szalay who were married recently at Trinity United Church Manse, Charlottetown. The bride is the former Miss Hilda Ferguson, Charlottetown, and the groom is from Fort Erie, Ontario. Mr. and Mrs. Szalay are now residing in St. John's Newfoundland.

Homemade Butter Candies Combine Nutritious Foods

CRIBBAGE AND CANDY—Confections chock full of fruits, nuts and chocolate, wonderful for a nibbling cribbage twosome ... yet wholesome enough for bystanding children to eat. Conclusion: good for the whole family!

One of the first cross-the-counter experiences in a child's life is inevitably a candy or bubble gum purchase ... remembering back to our own tender years it's easy enough to picture a youngster, wide-eyed and eager, standing in front of a glassed-in display, making up his mind.

We saw a little girl the other day, who, anxious to complete the "deal", had climbed up onto the magazine shelf to peer into the trays of candy ... after a thorough look, the wee tot changed her mind three times in the interval it took us to pick up the paper and put our money in the counter. It's an experience for them, to be sure, just as it was for us, to decide what to do with the precious penny (or more likely a nickel nowadays) clutched so tightly in their little fists. After they've blurted out "that kind, please" they've conquered that period of indecision ... and joy reigns supreme.

But we wonder how happy you mothers are at the prospect of your children buying candy like that. Perhaps you'd like to do a little more selling across your own kitchen counter instead ... so that you may control what and how much the children eat.

Here are three good-tasting candy recipes that you might use to open shop ... to tempt your brood homeward. Each recipe combines the best of ingredients ... milk and butter in the tutti frutti candy along with dried fruits, cherries, pineapple and walnuts; butter, chocolate, nuts and egg whites in the candy dominoes; and butter, brown sugar, almonds and chocolate bits in the almond butter brittle. You'll notice there's one thing common to all three recipes ... that's right, there's butter, the dairy fiod that makes candy smoother in texture and wonderful in flavor.

Probably you have additional candy recipes so you'll be able to stock a variety on your store shelf ... and encourage the children in their learning-by-doing. And you keep tab of what's going into their tummies!

TUTTI FRUTTI CANDY

2 cups sugar
1 cup milk
3 lbs. butter
1 teaspoon vanilla
½ cup chopped raisins
½ cup chopped dates
¼ cup chopped glace cherries
¼ cup chopped glace pineapple
½ cup chopped walnuts

Combine sugar and milk in saucepan; add butter and cook to 234 degrees F. (soft ball stage). Cool to lukewarm, add vanilla and beat until creamy. Add fruit and nuts, pour into buttered 8 x 8 inch square pan. When cool cut into squares. Makes about 50 to 60 pieces.

CANDY DOMINOES

3 cups sifted icing sugar
2½ cups dessicated coconut
2 egg whites, slightly beaten
1 teaspoon vanilla
½ cup melted butter
2 squares unsweetened chocolate, melted
½ cup chopped nuts

Combine sugar and coconut. Add egg whites, vanilla and butter; mix well. Press half of this mixture into 8 x 5 x 3 inch loaf pan lined with wax paper. To the rest add chocolate and nuts; pack on top of first layer. Chill until firm; cut into squares. Makes about 25 to 30 pieces.

ALMOND BUTTER BRITTLE

½ pound finely chopped blanched toasted almonds
1 cup butter
1 cup brown sugar
1 (6 ounce) package chocolate bits
2 tablespoons butter

Combine 1 cup butter and sugar, stir over low heat until sugar melts. Add half the toasted nuts and cook to 310 degrees F. (hard crack stage); stir frequently. Pour into buttered 8 inch layer pan; cool. Melt chocolate and 2 tablespoons butter over boiling water. Spread half over top of candy, sprinkle with half of remaining nuts. Cool, remove from pan and invert, repeat with remaining chocolate and nuts. Cool. Break in small irregular pieces. Makes 50 to 60 pieces.

relax with tea

Tea gives you such sm-o-o-th pick-up ... refreshes, yet leaves you completely relaxed. And tea is so easy on your digestion. Try switching to TEA for *breakfast*. You'll feel so much better.

OVER 200 CUPS TO THE POUND

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