



**MONCTON TEEN-AGE COOK IS TOP WINNER**

Federal Health Minister Judy LaMarsh presents a \$1,500 scholarship to Moncton, N.B. high school girl Jean MacNaught, 17, after she won a national baking contest for teen-agers in Toronto Saturday, sponsored by a milling firm. Louise Boucher, 16-year-old convent student from Beauceville West, Que., placed second and Sandy Kostachuk, 15 of St. James, Sask., was third. Miss MacDonald's winning recipe was for seafood scallop. (CP Wirephoto)

**WOMEN'S ORGANIZATIONS**

**UCW Group Arranges For Supper On May 3rd**

The April meeting of the Branch U. C. W. was held in the United Church Manse, O'Leary. Mrs. Harris Rogers conducted the opening worship period the theme of which was Standards of Church Membership. The Call to worship was followed by prayer and the singing of Jesus Calls Us. Meditation was given by Mrs. Rogers and passages of Scripture were read by Mr. James MacKinnon, Mrs. Hedley MacLean, Mrs. Errison MacLeod, Mrs. Lorne MacNevin. The singing of Bless Be Thee Thee closed the Worship Period. In the absence of the president, Mrs. Preston MacKinnon conducted the business period. Roll call was answered by eleven members. Minutes of previous meeting were read and adopted. The treasurer, Mrs. Errison MacLeod presented the financial statement and reported that a set of files were had been purchased from Dominion Distributors for the church kitchen. Mrs. Neil MacKay, reporting for the Manse Committee, presented a request from the manse trustees asking that one group pay the sum of thirty dollars annually to the Manse Maintenance Fund. After some discussion the group decided to pay this sum as requested. Correspondence was read and dealt with. Plans were made for holding a Potluck supper in the church hall on Fri. evening, May 3. The next meeting will be held on May 9 at the home of Mrs. Harris Rogers with roll call to be answered by a donation to the church kitchen. Worship leader will be Mrs. Alice MacFadyen and hostesses, Mrs.

er by Mr. Hamilton. Lunch was served by committee in charge. **CRAPAUD U. C. W.** Mrs. (Rev.) W. A. MacQuarrie was hostess to the Crapaud U. C. W. at the United Church Manse, Tryon. The president, Mrs. John Simmons led the Easter worship. Hymns sung were "All hail The Power of Jesus' Name," and "With Joy We Meditate The Grace." Mrs. John Nicholson read an Easter poem and led in prayer. Mrs. William Waddell read the Scriptures from the Word and the Word and the Way. The Mission Study on Asia's Rim was led by Mrs. Norman MacDonald from the Chapter on Oknawa. Minutes and business followed. Roll was answered by fourteen members. A letter from Mr. David Murphy was received asking for assistance for Augustine Cove Camp. It was moved, seconded and carried that we send ten dollars. It was also decided to pack a sunshine box for a sick member. Easter offering received amounted to \$20.60. Three members paid dues. The May meeting will be at the home of Mrs. Lloyd Waddell. Mrs. Norman MacDonald will have the Mission Study and Mrs. George Nicholson. The Word and the Way. The lunch committee will be Mrs. Lawson Oakes, Mrs. Birt Trowsdale and Mrs. Albert MacDonald. At the close of the business Dr. MacQuarrie led in the study of The Word and The Way; reviewing chapters one and two. Prayer by Dr. MacQuarrie closed the meeting. Lunch was served by the committee in charge and a social hour enjoyed. Thanks were expressed to Dr. and Mrs. MacQuarrie.

**Women**  
The Guardian, Charlottetown, Mon. April 29, 1963. 7  
**DA BAILEY ALLEN**

**Check Menus At Home For Balance And Budget**

A MAJOR reason that children will usually eat anything offered at school is because the teachers and other children have the same food. There is no unnecessary pampering to taste. And, frankly no mother, father or other adult is present to say: "No, thank you. I don't care for it." Children are prime imitators and, as such, frequently imitate at home their parents' food dislikes. By the same token, they imitate their likes as well.

**EVALUATING MENUS**  
Every week, after planning the weekly menu for your family, it would be a good idea to evaluate them for nutrition, appearance and cost, as is done by School Lunch Supervisors. So ask yourself these questions:  
Are meals balanced for good nutrition? Is a vitamin C food included at least twice a week? Do the meals include additional foods or larger quantities to help meet the needs of older children?  
**DYE APPEAL**  
Do the meals include a good balance of flavor, color, texture, shape and eye appeal? Are the foods varied from day to day?  
Is the cost of the meals planned within the food budget? Can the meals be prepared successfully in the time available?

Can they be prepared with the facilities and equipment available in your kitchen?  
**MONDAY'S OVEN DINNER**  
Tomato Juice  
Oven-broiled Liver  
Buttered Rice  
Baked Creamed Onions  
Baked Sauerkraut  
Prune Crunch  
Coffee  
Tea  
Milk  
Measurements level: recipes for 6  
Cooperation School Lunchroom, U.S. Department of Agriculture.  
**OVEN-BRAISED LIVER**  
1 lb. beef liver  
1/2 cup flour  
1 tsp. salt  
1/2 cup fat or oil  
1 pt. broth  
Skin liver and cut in 1" pieces. Roll in flour and salt mixture together. Brown in fat or oil.  
Place liver in 7 1/2 x 11" baking pan. Pour broth over liver. (If desired, use 1 cup tomato puree and 1 cup broth or water.)  
Bake uncovered 45 minutes in moderate oven, 350 degrees F.  
Serve over noodles, grits, mashed potatoes or rice.  
**PRUNE CRUNCH**  
2 cups chopped cooked prunes  
1 1/2 cup water or prune juice  
1/2 tsp. grated orange rind  
1/2 cup chopped nuts  
1/2 cup flour  
1/2 tsp. salt  
1/2 tsp. baking soda  
1/2 cup brown sugar  
1 cup rolled oats  
1/2 cup butter or margarine  
1 egg white  
Combine prunes, sugar, water or prune juice and orange rind. Cook over low heat about 10 minutes or until thick, stirring frequently.  
For crumb mixture, sift together flour, salt and baking soda. Mix in brown sugar and oats. Cut or rub in butter or margarine. Stir in unbeaten egg white.  
Pack half of crumb mixture in bottom of 9" square pan. Spread with prune mixture.  
Cover with remaining crumb mixture.  
Bake 40 minutes in moderate oven, 350 degrees F.  
Serve warm or cold.  
**TRICK OF THE CHEF**  
Mix 1/2 teaspoon thyme and 1/4 teaspoon oregano with the flour when cooking oven-braised liver.  
**HOUSEHOLD HINT**  
Thick soup like bean or split pea will not burn while cooking if you first put an unbreakable glass cup in the bottom of the pan in which it is to be cooked. The heat moves the cup away, stirring the soup.  
**GROW MANY HERBS**  
Some 110 species of medicinal herbs are picked in Bulgaria and about 6,400 tons are exported annually.  
**WAS SENIOR EDITOR**  
TORONTO (CP) — J. Percy Russell, 67, a senior editor of Monetary Times Publications Limited, died Friday. He had been associated with Monetary Times since 1940 and had served as editor of two national trade publications. He was a member of the Association of Professional Engineers and the American Waterworks Association's Canadian branch. He is survived by his wife Marion and two married daughters.

*Holman's of P.E.I.*

style makes the difference in these new spring dresses

Holman's fine selection of dresses responds enthusiastically to spring fashion with their new variety in colors, in styles, in fabrics. These three represent a whole new collection from our Fashion Room.

**A**  
completely washable terylene, featuring a jewel neckline, bare arm, full gathered skirt and spaghetti style belt. In gorgeous prints of pink and yellow, blue and white, blue and pink, sizes 9 to 15.  
**12.95**

**B**  
lacy weave cotton knit in sheath style... completely lined with shape retaining taffeta. Sleeveless, with scoop neckline and low V at back. Slender-figure-hugging style with stitched-in satin waistband. Beige only, sizes 9 to 15.  
**16.95**

**C**  
easy-care prints for summer... 100% terylene and require absolutely no ironing... short set in sleeve with turndown cuff, patent buttons and belt, and full gathered skirt. Sizes 7 to 15 in blue, green and beige.  
**14.95**



*Holman's of P.E.I.*

Mother ... your daughter will be sparkling fresh and lovely in these beautiful cotton dresses

- solid color top
- self piping at waist
- co-ordinated plaid skirt
- back buttons to waist
- white collar, cuffs
- blue, green, brown
- bodice trimmed with 3 pearl buttons
- sizes 7, 8, 10, 12, 14

**5.99**

by Anne Adams  
Face - flattering cloche - wear it with down or up-turned brim! Sew it in icy white pique or jewel - bright tan tulle, velveteen, satin to spark your summer outfits.  
Printed Pattern #226. Misses' Head Sizes 21 1/2 to 23. Yardage as in pattern.  
FIFTY CENTS (50 cents) in coins (no extra p.s. please) for this pattern. Ontario residents add 2 cents sales tax. Print plainly. SIZE, NAME, ADDRESS, STYLE NUMBER.  
Send order to ANNE ADAMS, care of Guardian - Patriot Pattern Dept., 60 Front St. W., Toronto 1, Ont.

checked cotton gingham by "Goosey" Gander

- short-cuffed sleeves
- full gathered skirt
- white collar and waist piped in contrasting color
- back buttons to waist
- beige or blue check
- sizes 4, 5, 6, 8x

**4.98**

dainty cotton seersucker by "Goosey" Gander

- lovely figured print
- full skirt
- bodice trimmed with 3 small buttons
- pink or blue print
- sizes 2, 3 and 3x
- back buttons to waist

**3.98**

**STORE HOURS:**

CHARLOTTETOWN STORE Mon. thru Thur. . . 8:30-5:00 Friday . . . . . 8:30-9:00 Saturday . . . . . 8:30-9:30  
SUMMERSIDE STORE Mon. thru Thur. . . 8:30-5:00 Friday . . . . . 8:30-9:00 Saturday . . . . . 8:30-9:00