

Good Foods Give Attractive Meals

There is a wide spread notion that foods and meals which are good for us are not good to eat. That need not be true and will not be if suitable cooking methods are used and if efforts are made to have meals attractive. Any food can be spoiled by poor cooking or by lack of care. No more work and no more care are required to have appetizing meals which are based on Canada's Food Rules than would be necessary for less healthful meals.

Here is a sample menu which follows Canada's Food Rules:

Breakfast Orange or tomato juice
Oatmeal porridge with plenty of milk
Poached egg on toast
Coffee for adults; milk for children

Dinner Beef pot roast
Baked potatoes
Baker carrots
Baked custard
Bread with butter
Tea for adults; milk for children

Supper Macaroni and cheese
Cabbage salad and raw turnip sticks
Bread with butter
Fruit and cookies
Milk

Good Canadian food makes interesting and pleasant meals—these meals will be good to eat and good for us if we choose foods wisely.

McNeill-Jenkins Wedding



Photographed above are a wedding group at St. Paul's Church, Summerside, on October 24, when Wilma Noreen, daughter of W. E. Jenkins and Mrs. Edna Jenkins, and Edward Vincent McNeill, son of Mrs. D. P. McNeill and the late Mr. McNeill, were united in marriage. From left to right are: Mr. Tanton McNeill (groomsman); Mr. and Mrs. McNeill; John McNeill; and Bennett Jenkins (ushers); seated, Miss Yvonne Jenkins (bridesmaid), Mrs. Russell Phaneuf (matron of honor).—(Photo by Edwin Heckbert Studio).

Summerside Wedding Party



Above are the principals of a pretty wedding at St. Paul's Church, Summerside, on Tuesday, November 3, when Henrietta Coyle, daughter of Mr. and Mrs. Eli Gallant, and Joseph Lloyd Poirier, son of Mr. and Mrs. Ray Poirier, of Summerside, were united in marriage. From left to right are: Mr. Kenneth Poirier (groomsman); Mr. and Mrs. Poirier; Miss Roma Richard (bridesmaid); Ray Poirier Jr., and Leo Poirier (ushers).—(Photo by Edwin Heckbert Studio).

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ELLEN'S DIARY

By An Island Farmer's Wife

What does this new week bring in its train? To some more fortunate than they sometimes realize, only the usual round of their days: the Sabbath-rested threads of their field-work to be picked up; Monday wash spread to November sunshine and breeze; children, scrubbed and shining, off to their classes; a glimpse of the neighborhood shrouding again its joys and its concerns... and at this place, the Malmian's horse, outward-bound to the corner-store.

To some it brings some expectant happiness—a fond hope realized, a long dream come true; while others must tread even its opening day with heavy hearts, they bereaved over the week-end, left sad and lonely and bewildered in the news of grief. What a strange world it is with joy and sorrow, sunshine and shadow never far apart!

"Crying... yes, I guess I am," a farmwife of days now past said as she stood a moment at the door of her parlor which along the earlier years of her marriage had been empty but was at last newly decorated, carpeted and furnished in, we recall, excellent taste. She tried to smile away her tears.

"I've wanted this for so long," and now I'm so happy about it, it doesn't seem right. I believe, I'm afraid to be glad, afraid of some trouble to come... What about tomorrow?" she queried, almost to herself.

"Never mind tomorrow," she chuckled, "you didn't get it yet—enjoy your today!"

"Yes," she agreed, "I guess that's the best thing to do, because" she nodded "one's happiness just may not last!"

Away happy to November fields at Alderlea, our farmers went this morning when the day was young and a touch of Autumn had returned to caress the farmhands. And before that, James moving briskly about his choring said: "We'd better make the best of it—this just might be a pet day!"

There had been good warrant of fine weather in the sky which had attended our Sunday night's short stroll with James. How still and serene the dark which brought us from the A's home down by the mill-stream to this, which clings to a hillside! Not a sound anywhere, not even the thin yelp of a vagabond fox.

Current female status—emancipation—equal rights for women, for the time forgotten, we travelled after an old fashion, one which James considers has significant merits, the woman following her man... "Now mind that rut, Ellen! I declare you're getting blind as well as footless! Could you not see that? And it full of water!" he chuckled over our misadventure. "You shouldn't be allowed out at night alone—so feeble you're getting! Why, I wouldn't mind walking miles right now."

"But what about the creek in your knee?"

"It's—why, there's no sign of it tonight." Above the stars ran like sheep in the meadow of night. "I hope..." he began, looking skyward.

"But this is Sunday, James!"

"I know, Ellen, but there's no harm in saying—I'm not mentioning 'turnips'—I hope tomorrow'll be fine. I don't believe Providence will hold that against a fellow."

"One time he would."

"That's true... when I was a boy... but time have changed."

"Or concepts—or principles?" we suggested.

"Seems to me, Ellen, Providence would favor an interested farmer rather than an idle one. And farming—why, you have to think of it Sunday and Monday."

"Yes," he said, "I believe we're going to get a fair-weather day tomorrow. We did! One pleasant and good—but it is gone now, bearing away all our deeds on its scroll!"

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

Better English

By D. G. Williams

1. What is wrong with this sentence? "I read in the paper where this article can be gotten second-hand."

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

3. Which one of these words is misspelled? Membrane, hurricane, cocane, terrain.

4. What does the word "peccability" mean?

5. What is a word beginning with am that means "friendly"?

ANSWERS

1. Say, "I read in the paper that this article can be obtained secondhand." 2. Pronounce na-iv, as in ah, e as in eve, accent second syllable. 3. Cocaine. 4. Liability to sin. "He preached on the common peccability of man." 5. Amicable.

That Body Of Yours

By James W. Burton, M.D.

DIABETES MAY BE PRESENT AND NOT SUSPECTED

I have written before about a physician who, while awaiting a tardy patient coming in for a sugar test of his urine, tested his own urine for sugar and found the percentage high, indicating that he himself had diabetes. He immediately cut down on his starches and administered injections of insulin. Finally, by sticking closely to a diet, he reached a stage where he did not need insulin to free his urine of sugar. While in all cases the blood also should be examined to rule out diabetes, this is not always done.

In the Journal of the American Medical Association, Drs. E. P. McCullagh and R. E. Zwickel, Cleveland Clinic, and Frank E. Bunts, Educational Institute, state that for the past 30 years it has been the practice of our group to perform routine sugar tests on all new patients. Because we believe that this is an important method of detecting diabetes, we are presenting the results we obtained. Our method is advocated for general use in office patients. "A total of 2,357 consecutive patients entering all services of the Cleveland Clinic constitutes the basis of this survey. The majority of these patients were adults, many past middle age. They applied for care during a four-week period, January 10 to February 7, 1951. The total includes 57 patients who had either symptoms of diabetes or previously recognized diabetes that would have led to a diagnosis of diabetes on their first examination."

Blood examinations were made of all patients including those whose sugar in urine was above normal. In all patients with blood sugar above normal, in whom it was practical, a glucose (sugar) tolerance test was made. If this was not possible, a blood sugar determination was repeated two and one-half to three hours after a meal and an attempt was made with the meal contain 100 gm. of carbohydrate, which is rich in

(Continued on page 11)

The Stars Say --

By Genevieve Kemble

For Tomorrow

THERE is a tendency toward irresibility during this period, but if you are on guard, you can do much to counteract this unfriendly influence. Make no hasty decisions and, unless you have thoroughly familiarized yourself with details in advance, it would be advisable to postpone new ventures for the time being.

Time spent, however, in planning for the future, both where career and finances are concerned, could yield valuable results. Be cautious if traveling or using electrical or mechanical equipment. Also be careful if taking part in controversial discussions with associates.

For the Birthday

If tomorrow is your birthday, the coming months should provide you with several new contacts and an opportunity to succeed in new fields. It is important, however, that you curb any tendencies toward belligerence or impulsiveness since you might antagonize the very ones who could prove of greatest assistance to you.

Romantic affairs are favored now, but you must guard against an inherent tendency toward jealousy and possessiveness. Family matters, travel and social interests will be under most beneficent aspects from the early part of 1954 until early summer. Your financial status should be good now. Continue present program for even more beneficial results by year's end.

A child born on this day will be determined, aggressive and extremely ambitious.

Household Scrapbook

By Robert Leo

Hat Bands

To clean hat bands use a sponge or small brush and a solution made by dissolving 1/4 oz. of white castile soap in 4 oz. of alcohol, to which is added 1 oz. each of sulphuric ether and water of ammonia. Rinse in clear rain water.

Hair Tonic

To make a hair tonic buy one ounce of the best castor oil, two ounces of French Brandy, and two ounces of bay rum. Mix thoroughly and rub well into the scalp.

Bread

If the bread is sliced lengthwise of the loaf instead of crosswise, it is considered much better.

How Can I!!!

By Anne Ashley

Q. How can I sharpen scissors?

A. Try placing the neck of a glass bottle between the blades and closing them briskly upon it as if trying to cut it off. The smooth glass will guide the full length of the blades, from base to point, and fifteen or twenty repetitions is said to produce a good cutting edge.

Q. How can I make a good and inexpensive cold cream for the face and hands?

A. By mixing white wax, 12 grams; spermaceti, 24 grams; cocoa butter, 24 grams; oil of sweet almond, 80 grams. Rub well into the pores.

Q. How can I clean light window shades?

A. Try cleaning the light window shades with a flannel cloth which has been dipped into ordinary flour.

DOROTHY DIX'S COLUMN

Alcohol And Sirens

Husband Finds Too Much Pleasure In Drinking And Philandering

DEAR MISS DIX: Mine is a long story—the history of twelve years of unhappy marriage. I have loved my husband always, but have had little devotion in return. We have two boys of school age. My husband recently took a job in another part of the country and I'm really glad he's gone, although I am lonely. He is a heavy drinker, ready to fall for any girl who gives him encouragement—and plenty of them do. I've tried leaving him, but he always begs me to stay, with hollow promises of reform.

I don't have any training so would find it difficult to support the boys. I have thought of taking a business course while my husband is away (he'll be gone a year), thus fitting myself for some sort of a job. If things haven't changed by the time my husband returns, I should be in a position to take care of myself and the children. However, I wonder if it would be right to spend the money he sends, for that purpose. I know if I told him of my intentions, he wouldn't send me money.

Rose E.

MAY RETURN A BETTER MAN

ANSWER: By all means take the business course and forget the scruples. Considering the amount of money your husband must have spent in the past twelve years on liquor and women, you are certainly entitled to a little education. Furthermore, in the happy event that he does return changed, and you can pick up your life together, what you've learned will be always helpful. No education is ever lost; if it isn't used at one time, it may come in handy later. At least you'll be equipped to face any future emergency with some confidence, knowing that you have the training for a job. Taking the course will give you something new to tackle, will help wipe away the lonely hours, and will keep your mind occupied so there will be less time for brooding.

When hubby returns—a penitent and reformed character we hope—he should be pleased and proud that you put your spare-time to such good use.

I see no indication, in your long letter, that you are responsible for your domestic unhappiness. Your husband has apparently always had a two-track mind—alcohol and flirtations—with his home life trailing in third. Just pray that his year away will effect a much-desired change. Absences often do.

DEAR MISS DIX: I will be graduated from high school next June. The boy I go with wants me to quit school because he's jealous of me and doesn't trust me around the boys at class. I have given up all my friends and interests, for him, but school is different.

A.R.

ANSWER: The most foolish thing you could do would be to give up school for such a flimsy reason—and the second most foolish thing would be to continue going with a boy so unreasonable. Can you picture the future you'll have with him? Devoid of friends, relatives, outside interests? Give this friendship a good airing before you do anything as drastic as leaving school to marry.

Miss Nissen cannot reply personally to readers but will answer problems of interest through this column.

Cook's Corner

It's not too early to be thinking of the family-sized Christmas cake! The longer you store your cake, the more mellow it will be for the December 25 festive week when your relatives and friends will be entertained. Avonies Women's Institute ladies have been thinking ahead to this season and today they selected a rich fruit recipe for your trial and approval.

MY FAVORITE FRUIT CAKE

1 1/2 cups butter and shortening
2 cups brown sugar
6 eggs
3 1/2 cups flour
2 teaspoons vanilla
1/4 teaspoon cloves
1/4 teaspoon nutmeg
1 1/2 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon soda
1 1/2 cups strawberry jam
2 1/2 lbs. currants (washed and dried)
2 lbs. raisins
1 lb. dates or figs
1/4 lb. almonds or walnut
1/4 lb. citron peel
1/4 lb. orange peel

Wash and dry currants. Cut fruit and nuts in small pieces and dredge with 1/4 cups of flour. Mix, remaining 2 cups of flour with spices. Cream butter and sugar. Add yolks of eggs which have been beaten until light yellow. Add flour and spices alternately with strawberry jam. Then add well beaten egg whites and lastly beat in the flour and vanilla. If almonds nuts are not used, use 2 teaspoons of almond flavoring.

Line pan with a layer of waxed paper. Place batter in pan allowing 1 inch for rising. Bake for 4 hours in not more than 300 temp.

—Mrs. Leigh Warren, Avonlea W. I.

Alice Brooks Designs

PINE CONE QUILT

If you've admired handmade quilts from afar, now make your own! This pine-cone pattern is simple to piece—can be made of four different fabrics, or scraps!

Pattern #711: complete instructions and pattern pieces for quilt, single and double-bed size.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address and Pattern Number.

Modern Etiquette

By Robert Leo

Q. Is it proper, when bowling with friends, to deliver your ball at the same time a person on an adjoining lane is delivering his ball?

A. There are rules of etiquette on the bowling lanes, too, and one of the most strict is that one should never do anything to distract the attention of a bowler on an adjoining lane. If he is preparing to deliver his ball, then you should wait until he has bowled before you start down the runway.

Q. Who is supposed to stand the expense of wedding photographs?

A. The bride's family.

7271
by Alice Brooks

Anne Adams Patterns

WEEK'S SEW-THRIFTY

EASY does it! Whip up these simple-sew separates in a jiffy—daughter will mix-match them from now through next Easter. Flouse, open-front jerkin, dined skirt—pretty, practical in cotton, wool, corduroy, or velveteen.

Pattern 4507: Children's Sizes 2, 4, 6, 8, 10. Size 6 skirt, 1 1/2 yards 36-inch fabric; jerkin, 1/2 yard; blouse, 1 yard.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

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Morning Smile

They sat in the gloaming. "Just one," he pleaded. "No, certainly not," she replied. "Please, darling," he persisted. "Don't ask me again," she insisted. "I've only one left, and I want to smoke that on my way to the office in the morning."

GROWTH AND REPAIR

Proteins supply energy but they are also needed for growth and for repair. Calcium, phosphorus, vitamin C and vitamin D are required for the growth of bones and teeth. Iron is used to form the red blood pigment. In addition to vitamins C and D other vitamins (vitamin A, B vitamins) are essential for growth.

4507
2-10
by Anne Adams

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