

Try Shrimp Pancakes At Progressive Party

By Ida Bailey Allen

"Mardi Gras is so gay in New Orleans, Madame," remarked the Chef. "It would be fun to plan a Mardi Gras party for all over the country."

"Let's plan a pancake party right now: a progressive party, the casual kind that needs so little preparation."

"Progressive Party Progressive, Madame?" he asked.

"Yes," I answered, and explained how this is done. "You invite 6 couples, who go from house to house, starting about 7:30 in the evening with a half hour's stay at each place to catch a TV show, play a game or enjoy a hot toddy."

"At the last house, pancakes and big cups of coffee will be the refreshment, just as in New Orleans. I shall plan a party at once, Madame," said the Chef. "The refreshments will be buffet style, with pancakes made on electric griddles right on the table."

Choice Syrups

"They can be made from a ready-mix, and served with a choice of buttered maple syrup or honey, as in New England; with molasses as in New Orleans; with sugar and lemon juice as in Australia; or with thawed frozen strawberries and commercial sour cream a la this Chef."

"And for a substantial pancake entree we can have shrimp-stuffed pancakes or crepes in the style of Brazil."

TOMORROW'S DINNER
French Onion Soup Croutons
Brazilian Shrimp-Stuffed Pancakes
Big Tossed Green Salad

Honey Souffle Orange Sauce
Coffee Tea Milk
Brazilian Shrimp-Stuffed Pancakes: Prepare 2 c. creamed shrimp.

To do this, quarter 2 c. thawed frozen, cooked or canned shrimp. Add to 2 c. rich white sauce containing 1 beaten egg yolk on 1 tbs. mayonnaise, a few drops each onion and lemon juice and 4 drops Tabasco. Keep hot in a double-boiler.

For each person, make 2 (6") pancakes from a ready-mix. Keep hot in the oven.

To serve, on each pancake, put a heaping tablespoon of the creamed shrimp; fold over; pour a little melted butter on each. Garnish of parsley.

Honey Souffle: In a mixing bowl combine 1/4 c. honey, 2 c. fine stale cake crumbs (any kind) 1/2 tsp. powdered ginger, the grated rind 1 lemon, 2 tbs. melted butter, 1/2 c. milk and the beaten yolks of 3 eggs. Stir until well mixed.

Then, add 1/2 c. already-sifted enriched flour. Stir in 1-3 tsp. baking soda dissolved in 1 tsp. cold water.

Beat the 3 egg whites stiff and fold in.
Transfer to a lightly oiled 2 qt. baking dish or mold. Cover and bake 25-30 min. in a moderate oven 350 deg. F. or until puffy and light brown on top.

Serve at once with orange juice. **SWEET ORANGE SAUCE FROM THE CHEF**

Beat 2 egg whites stiff.
Beat in 1/4 c. 10X confectioner's sugar, the juice and grated rind 1 orange and 1 tbs. lemon juice. Serve at once.



Striking Spring Combination

This two-piece skirt and blouse combination is buttoned at the back. The skirt has unpruned pleats below the hips. (CP Photo)

KEEP IN TRIM

Be Slimmer Come Spring

By Ida Jean Kain
On a bleak February day, spring seems months away. By the calendar, spring is less than six weeks off. You can be 15 pounds lighter by March 21, and inches slimmer to greet the spring. This can even come true for the discouraging overweight in today's lament.

"I've gone on all kinds of diets and I'm a nervous wreck. Tried different kinds of pills... no help. When my husband and I dieted together, he lost but I gained! Tried exercise... nothing happened. Doctor told me to diet. Took treatment on reducing machines... gained 2 pounds. Help!"

It is harder for some overweight to lose. If you are in the same fix as this unhappy dieter, come aboard... we're going to embark on an eating-to-slim down venture.

One way to assist nature is to eat meals during the most active part of the day. So, starting with dinner tonight, eat lightly. Tomorrow morning you'll feel hungry... Eat a good breakfast, one or two eggs, or one egg and a slice of lean meat such as Canadian bacon.

Have whole orange sliced or half grapefruit, thin slices of toast lightly buttered and coffee, black or with milk added.

Have a satisfying lunch, again including a double protein... lean meat or fish, or cheese or cottage cheese, plus skim milk in soup or as a beverage. Have leafy green salad, vinegar and seasoning, and fruit. At four P.M. have a protein pickup: a glass of buttermilk or cocoa made with skim milk and sweetened with non-sustaining sweetener.

Dinner: Have a generous serving of lean meat or fish, trim off all fat, with half a baked potato, 1/2 pat butter. Eat a second vegetable such as string beans, asparagus or broccoli, all you wish, and a raw vegetable—celery, cucumber, tomato (no dressing). Fruit for dessert.

On 1000 calories, all the protective foods can be included in adequate amounts. No overweight who reduces on the protective foods will be a nervous wreck.

Now to exercise... five or six minutes of stretching and contracting, with the movement held at the height of the extension, restores muscle tone. Use an exercise machine if you prefer. The machine doesn't get tired or bored. But exercise, with or without apparatus, helps reducing along by stirring up circulation and stimulating the metabolism. Of course, you have to keep the calories down too.

Have a goal. With 15 pounds off, you will be able to slip into a smaller size dress beautifully, provided you slim off bulky inches too. Tomorrow—exercise session.

WOMEN

Page 8, The Guardian Monday, Feb. 20, 1956

Happenings

The twenty-fifth birthday Anniversary party of the community concert association will be held at eight o'clock this Monday evening in the Y.M.C.A.

Among those entertaining last week in aid of the Kings County Hospital were Mrs. Douglas MacLaren and Mrs. Frank Greene, Jr., at the home of Mrs. Greene Monday evening. Mrs. H. M. Smith was hostess at a delightful afternoon tea on Tuesday and Mrs. LeRoy White entertained at the hour on Wednesday. Also entertaining at afternoon tea on Wednesday was Mrs. Claude Nicholson. Mrs. Lorne Wigginton was hostess to a number of her friends Thursday afternoon when tea and delicious refreshments were served.

Miss Grace Kelly's wedding gown will be "simple but elegant". There are really two wedding dresses for Miss Kelly—a less formal one for the civil ceremony and the traditional gown for the religious rites. M. G. M.'s famed gownmaker, Helen Rose, was chosen over the world's top couturiers to fashion the wedding gown. "The gown will be very expensive but not ornate," the designer said. "It will be a museum piece as far as workmanship is concerned. It will be elegant and truly beautiful."

The dress is traditional, long sleeves and high neck line. Miss Rose has designed the dress to reflect Miss Kelly's personality—"simple but elegant, feminine, lady-like but not necessarily regal". The wedding gown will be worn when Miss Kelly marries Prince Rainier in mid-April in Monaco.

W. M. S. AUXILIARY
The February meeting of the afternoon Auxiliary of the W.M.S. of Summerside Trinity United Church was held on Tuesday afternoon, February 14, in the Church parlour, with Mrs. H. D. Smith as pianist. The opening hymn, "Breathe on Me, O Bread of God," was followed by prayer by Mrs. Albert Huestis and the Lord's Prayer in unison.

The business was conducted by the president, Mrs. A. A. Lockhart. She welcomed several visitors. The community friendship secretary, Mrs. Huestis, reported 126 visits to homes and hospitals had been made during the month. The supply secretary, Miss M. Strong, read a letter of appreciation from Miss Nancy Cameron, Korea, for supplies received. It was decided to pack a parcel of clothing for Korean relief.

A challenging report on the recent Presbyterian service was given by Mrs. Chesley Robertson. It was announced that the World Day of Prayer would be held in Trinity United Church on Friday, February 17.

Mrs. Edwin Taylor was in charge of the devotional service. The hymn, "Thine Arm, O Lord, in Days of Old" was sung. For the theme of worship, "The call to the Mission of the church through service and citizenship." Mrs. Hillard Arthur reading from Luke, Chapter 10, and Mrs. T. R. Palmer reading from Mark, Chapter 1. A question and answer period followed, with the subject, "Who are our Neighbours?"—Those in need of Help, and was conducted by the leader.

The singing of "No, Not One" by the trio, Mrs. T. H. E. Inman, Mrs. G. L. Sheen and Miss Ina Phillips was much enjoyed. The offering was received by Mrs. Arthur and Mrs. Palmer, and dedicated by the singing of "Praise God from Whom All Blessing Flow." The closing hymn, "Rise Up, O Men of God" was followed by prayer by the leader.

NORTH RUSTICO C.W.L.
The North Rustico Sub-Division of the Catholic Women's League held their monthly meeting in the parish hall on Feb. 6 with a fair attendance. The president opened the meeting and recited the League prayers. She then called on the secretary for minutes of previous meeting which were read and approved. The treasurer's report showed a very substantial balance after the bills were paid.

The following correspondence was read: a letter from Provincial Girl Guide Convener and one in Report Forms. Social Service Convener reported get-well cards and congratulatory cards and visits made to sick of parish, also medicine and dressings passed out. Convener reported get-well cards to needy ones. She asked that as with sick people at home, please let her know.

School committee reported one social evening for High School was chaperoned and chaperones were appointed for balance of season. Entertainment committees Card-parties and plays were discussed. Mrs. John L. Doiron is to act as spiritual convener for rest of year. Magazine convener passed out the League Magazine to the executive.

During the month two of our esteemed couples have celebrated their fiftieth wedding anniversaries and suitable gifts were presented to each which were very much appreciated. The meeting then adjourned and closed with prayer, followed by films.

NEW HAVEN W. I.
The regular monthly meeting of New Haven W. I. was held at the home of Mrs. Phemia Fitzell with attendance of 18 members and one visitor. The meeting opened with the Institute Ode and repeating the Collect. Roll call was answered with an article for auction sale.

Unfinished business took place, and final plans were made for the variety concert. It was decided each member make eight lunches to be sold at the concert. Reports of committees were then heard. Sick reported one treat sent. It was moved and seconded that we pay the entrance fee to the musical festival. Correspondence was read and dealt with and consisted of a letter from T. Eaton Co., regarding remnants which we received. One from March of Dimes, etc.

It was moved and seconded that we pay \$2.50 to Mrs. James Tierney for apples. It was also moved and seconded that we pay \$20.00 on the Science Kit Cabinet. Next meeting at the home of Mrs. S. Newman Roll call to be answered with an article for a family who lost their home by fire. Collection for the evening amounted to \$1.05.

The meeting closed with the Queen after which a lively auction took place with Mrs. Earl Moore capably acting as auctioneer. A dainty lunch was served by the hostess, assisted by a few of the members.

Mary Haworth

Has Dated Many Men But Can't Give Her Heart To Any

DEAR MARY HAWORTH: In 20 years of dating—since I was 18—I must have gone out with 60 men—and boys. Men have always found me attractive and appealing, even though I am quite thin and plain. Five men have definitely proposed marriage; and several others indicated they would be serious, if encouraged.

The only ones I cared about were those who didn't care much about me. I mooned, lost sleep and wept over them. Now at 38 I wonder just what I've been looking for; and why I've felt only contempt for the men who loved me—as if there must be something wrong with them. I believe now that I always thought myself unworthy.

I was orphaned at 10 and reared by a widowed grandmother. She was firm and not very affectionate. I can't remember being kissed or cuddled. I knew I was a burden to her, at her age; just another strain on her small savings. I couldn't wait to be self-supporting.

EYE ON EXIT
My friends think it a pity that I'm not married and keep introducing me to men, and I seem always to have dates. But I've never met a man to whom I could give myself wholeheartedly. I hold them all at arm's length, with an eye on the question: Do I want marriage? If not, why not—since it is a normal natural state? Must I go through years of analysis, which would carry into my forties, to learn what ails me?

LOVE BLOCKED
DEAR G. L.: In all probability your skillful, mixed-up attitude towards men, love and marriage has its roots in a hostility complex that prevents you from either giving, or accepting, devotion.

No doubt this hostility took root in relation to key figures in your early history—caretaker persons who didn't love you warmly or adequately; who didn't satisfy your developmental needs. (And I don't mean your grandmother only. There must have been other equally anxious, self-centered elders who preceded her in your experience—to judge by the latter-day pattern of your behavior. As the twig is bent, so the tree inclines, you know.)

Up against love starvation, trying to bypass this obstacle to growth somehow, you became emotionally isolated, worldly solitary, stoically intent upon self-sufficiency; and at the same time, sadly bitter in the depths of your being, and compulsively vengeful (like a bear hit a sore foot) towards any chance of being rescued from your plight.

Hence your involuntary senseless scorn of men who've offered you marriage (presumably for love). And hence your distracted pining to be taken to heart by other men who seem uncaring—because in association with them, your unconscious fixated notion of being unlovable is "reactivated" into urgent melancholy. It is their indifference that does it, because it "carries you back" to early sensations of being cold shouldered by supposedly indispensable superiors.

"LOVE OR PERISH"
Your precautionary performance of "saving face" amounts to conceding defeat before it appears—which indicates that you invariably expect rejection in any case. And I gather you aren't mature enough to want marriage, in its "normal natural state" as you still wallow for opportunity to be cherished child. Your love capacity lags almost 38 years behind your physical age.

Psychoanalysis, wisely administered, would be immensely helpful in opening your eyes to the constructive potentials of your present day living. But if you haven't the time or money to invest just now, you might read Dr. Smiley Blanton's new book "Love or Perish" (Simon and Schuster).

In his introduction, Dr. Blanton says: "Many people need personal counseling; but it is a fact that many can and do bring changes into their own lives through books. They can acquire not only self-knowledge but also a new concept



Ready For Spring

Spring may not seem just around the corner with all the cold weather now prevalent but it won't be long before you'll see all the pretty, colorful hats on parade and they certainly add a bright note to winter coats and furs. This model achieves a wonderfully fresh effect in the draping of rainbow organza on straw. The color of the straw is deep gold and the organza overlay is in shades from yellow to apricot. It's a truly flattering choice for a first spring bonnet.

of love; they can tap the hidden resources of the deeper mind, where there is strength and courage. For we must love—or we perish indeed." ... M. H.

Mary Haworth counsels through her column, not by mail or personal interview. Write her in care of this newspaper.

HOUSEHOLD HINT

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Keeps toilet bowls pure!
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Four handy sizes!

ELLEN'S DIARY

Not Too Far From Spring

Today was a wash spread to fluff sun and cloud; a mild wind of February, and a sheltered hillside baring; a lone wild duck on wing and a blue jay's shrill call. It was children off bright and a singer to school by sleigh, and the farmers busy about at the choring and hauling. We saw a grist being taken to the mill, one which will vanish smartly in tins and hand-luffs to the managers of the stables about.

"Next thing we know there'll be lambs" Mack, little fellow of the place came in with the news today. "Yes, shortly. Do you know, we're not too far from spring now. There'll be more calves and kittens too!" he remembered.

"I hope," he added, soberly, "we'll have good luck with those." "We'll And the mild wind moved gently the line of wash—(Man, doesn't that look nice? we called to James coming then to the yard with the Nell-mare and a sleigh from some piece of hauling along the fields, as with strictly clothes basket in hand we stood a moment admiring it. "That bit, Ellen!" he grinned, "you just should see the lines Mrs. ... had out, long ago! She's a smart one—that woman!"

And through the branches of the maples in the yard, the little breeze played, bringing us tales of a sap-time of young years we knew... of honey-combed March snow in an old woodland where

COOK'S CORNER



UNCOOKED FUDGE

2 tbs. cream
1 tsp. vanilla
1 egg
Beat all of above then add: 1 lb. being sugar.

Continue beating. Add 4 tbs. butter and 4 squares chocolate which has been melted in double boiler. Add 1/2 cup nuts.

Words Of The Wise

I could never think well of man's intellectual or moral character, if he was habitually unfaithful to his appointments.

—(Nathaniel Emmons)

ANNE ADAMS PATTERNS

Twice pretty
Smart school frock with contrast collar and cuffs; or sleeveless sun-vest, with low square neckline! Make both pretty styles for your little miss—from ONE easy pattern! Button front, whirly skirt her favorites!

Pattern 4601: Children's Sizes 2, 4, 6, 8, 10. Size 6 takes 2 yards 35-inch fabric; yard contrast for collar and cuffs.

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Send order to ANNE ADAMS care of Charlotte Guardian, Pattern Dept., 60 Front Street W., Toronto, Ontario.

MORNING SMILE

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ELEANOR ROSS

Cleaning Furnishings

Have you ever put up freshly washed draperies and wished that the lackluster wall behind could have gone into the washing machine with them?

Or replaced a newly-sudsed slip-cover and wished that the suds-tubbing could do as much for the dingy wood-furnished it?

NOT FAR-FETCHED
Actually, the yen isn't so far-fetched. So many of today's fabrics, wall coverings and accessory materials are designed for easy upkeep, as well as colorful beauty that it's a good bet if you can't tub it you can sponge it, and if it's not spongable it's shampooable! Furnishings that can take a reasonable amount of moisture, and are capable of drying themselves in the air, can be suds-sponged. These include valances or decorative window-frames, whether they're wood or covered with fabric or wallpaper; walls: window shades; wood furniture, enamel-painted or polished, and plastic upholstery.

MINIMUM MOISTURE
Furnishings that can take a minimum amount of moisture can be shampooed. These include your fabric upholstery, carpets, mattresses and those lampshades that can't be plunged into a tub.

To suds-sponge, pick up thick soap or detergent suds from the top of a pail or bowl and wipe them over a small section of the surface of the material. Use a light touch and work quickly.

Rinse at once with a cloth wrung out of warm water, and wipe with a soft, dry cloth.

OVERLAPPING SECTIONS
Continue this routine in overlapping sections until the entire surface is clean. If there is too much soil to come off at once, repeat with clean suds and rinses rather than "rubbing in" the original dirty suds. This is especially important in the case of fabric or wallpaper.

To shampoo, use soap, a detergent jelly or mix a bowl of "dry" suds. To make the jelly, dissolve one part soap or detergent in five parts boiling water. Allow to cool and thicken for several hours. For dry suds, put a cupful of this jelly into a deep bowl and whip with a rotary eggbeater or electric mixer to produce a stiff, meringue-like lather. Or just beat the dry soap or detergent itself with a small amount of water in the same way. Either the jelly or dry suds can be brushed or sponged directly onto the surface to be washed.

EQUAL STATUS
BRIDGEWATER, N. S. (CP)—Bridgewater town council has abolished the \$5 poll tax for men, but it was replaced by a \$1 levy on both men and women.

HANDY HELPERS
HALIFAX, England (CP)—Police being taught first aid had their first live patient when a woman collapsed in the courtroom of this Yorkshire town.

ILLEGAL WITCHES
The last legal trial in Scotland of persons accused of witchcraft was in 1827.



Paris-Designed For Spring

A pebbly design of pale blue, beige and brown is used here in printed wool for the slim dress and lining of the coat. Designed in Paris for spring, the dress is high-necked, fitted at the waist and slightly flared at the hem. The outside of the coat is in pale blue leather with a beaver collar. (CP Photo)