



NAVY LEADS

Navy is very much in the swim this spring. Nat Kaplan uses thin wool in navy blue for this smart ensemble, with dress and jacket necklines designed to create a one-piece look. The slim dress has a half-moon neckline with a wide inset of white pique which shows

The April meeting of the St. Ann's Lot 6 C. W. L. was held on Sunday, April 13th. The president presided and the meeting was opened with the league prayer by Rev. Chas. McCarthy. In the absence of the secretary Mrs. Francis Carragher was appointed secretary pro tem and read the minutes of the March meeting which were adopted and signed. Correspondence read consisted of letters from convener of organization and spiritual convener. Thank you letters from the Malone family and Mrs. Peter Murray. All members were asked to subscribe to the league magazine before or at the annual meeting in May. A mass is to be offered for James McQuaid and a sympathy card sent to a bereaved family. A nominating committee was appointed with Mrs. Blanche Trainor as chairman and Mrs. Wh. Coady, Mrs. Gus Tierney and Mrs. Matthias Flood as co-workers to take charge of election of officers at the annual meeting. There being no further business the meeting was adjourned with the Act of Consecration to the Blessed Virgin recited in unison.

PLANE HITS HOUSE
LIEGE, Belgium (Reuter.) — A Belgian fighter plane crashed into a house at the village of Mons Monday night killing two persons and severely injuring three others. The pilot parachuted from the plane and was rescued from the middle of the river Maase.

OAKWOOD
East Royalty
Open May 15
for Wedding
Receptions
Dial 8334

Miracle Cushion Holds False Teeth Tight
Eases Sore Gums

Snug brand Denture Cushions are a triumph of science, a sensational new plastic re-lining that gets rid of the annoyance and irritation of loose, badly fitting false teeth. Snug cures sore, irritated gums due to loose fitting dentures. Applied in a few minutes, makes the wobbling plates stay firmly in place—gives perfect comfort. Eat anything—talk, laugh—plates "stay put". Harmless to gums or dentures. Snug re-liners can last from 2 to 6 months. Stays soft and pliable—does not harden and ruin plate. Pops right out when replacement is needed. No daily bother with adhesives. Get Snug brand Denture Cushions today! 2 liners for upper or lower plates \$1.50. Money back if not satisfied. At all druggists. G. T. FULFORD CO., Ltd., Brookville, Ont.

Women

Lea Caroline McLure, Women's Editor. Phone 6508

Page 8 The Guardian Thur., April 24, 1958

WE AND OUR NEIGHBORS

The Common Cold Can Be Your Friend

By Ruhamal S. Frank

There is scarcely a human ill of the less serious sort that doesn't rate a kind word. Martha has broken her leg: "What a shame," say her friends. "But she is lucky she didn't break her back. And she's been doing far too much lately. This will give her a nice rest."

Or: Too bad Cora had to have her appendix out. But there's one comfort. The doctor says she can eat everything now.

BLESSING IN DISGUISE

Examples like this can be multiplied. Any injury, and confining sickness (with assurance of good and rapid recovery) is on the list of Blessings in Disguise—except the most common illness of them all—The Common Cold. "You have a bad cold?" friends say. "How mean!" But there is never a suggestion that the common cold too can have advantages hidden among its germs!

FACE SAVER

But yet as a matter of fact, a cold can be a perfect Face-Saver in many a tight spot. Have you allowed yourself to be persuaded to serve on this or that committee when you felt it was time some one else took over the job? Have you accepted an invitation to an affair you certainly don't look forward to attending? Or have you half-promised to give a party you no longer think a good idea? How simple to phone and hoarsely state your deep regret and be free of the burden!

SELF-APPROVAL

Situations like the above may spring largely out of our wish for the approval of others. But a bad cold can get us out of duties and commitments we impose on ourselves because our own good opinion of ourselves is just as necessary to us.

For example: A kind and thoughtful person (like myself) should really pay that long overdue visit to Aunt Stella. But this awful cold—

An orderly person (like myself) should be half way through her Spring cleaning—A thrifty person (like myself) should be taking advantages of the bargains now offered.

A clear-sighted person (like myself) should be looking around now for a summer cottage—But oh, this terrible cold—Above all, a devoted grandmother (or grandfather, uncle or aunt) like myself should be happy to baby-sit any time at all. What a pity that this week, or even next, that will be impossible. Babies are so susceptible to Colds!

Among the advantages of a BAD COLD, one, alas, out of the past—is lacking! Where, oh

where, are the pretty covered dishes of Custards and Jellies neighbors used to bring to the sufferers?



From One Cook to Another
by Mary Blake
Carnation Home Service Director

MEALS WITH A FOREIGN ACCENT

A touch of herbs... a hint of garlic... the subtle flavor of almond—such simple things can give our favorite foods a cosmopolitan air. For example, here's a delicious Macaroni Espagnole. It starts with my quick, easy 3-Minute Cheese Sauce—and takes on exciting flavor through simple seasonings. The secret of this recipe is the s-m-o-o-thness of the sauce, made with double-rich, better-blending Carnation Milk.

FRANCE IS FAMOUS for its pastries. And much of the glamour of one of the favorites—delicious "open-face" cream pie—lies in the rich, smooth vanilla cream filling they use. The fresh-cream flavor of Carnation Evaporated Milk does marvels for this kind of filling. And Carnation's special blending qualities give a satiny, luxurious goodness unmatched even by results you get with cream.

MACARONI ESPAGNOLE
(Makes 6 servings)
1 large can undiluted CARNATION EVAPORATED MILK
1/2 teaspoon salt
1/2 teaspoon dry mustard
2 cups (8 ounces) grated process-type Canadian cheese
1/2 cup chopped green pepper (may be omitted)
2 tbsps. finely chopped onion
1 1/2 cups well drained canned tomatoes
1 small clove garlic, finely chopped
4 cups drained seasoned cooked macaroni

Simmer Carnation, salt and mustard in saucepan over low heat to just below boiling (about 2 minutes). Add cheese. Stir until thickened and smooth (about 1 minute longer). Combine remaining ingredients in large mixing bowl. Add sauce. Mix thoroughly. Turn into buttered casserole. Bake in moderate oven (350°F.) about 30 minutes.

FRUIT PIE PARISIENNE
(Makes a 9-inch pie)
1 large can undiluted CARNATION EVAPORATED MILK
1/2 cup water
1/2 cup sugar
5 tbsps. cornstarch
1/2 tsp. salt
2 eggs, slightly beaten
1 tsp. butter
1 tsp. vanilla
Baked 9-inch pie shell
1 pint fresh fruit
Glaze (see below)

Heat Carnation and water. Combine sugar, cornstarch, salt; stir in Carnation mixture. Cook over low heat or in double boiler, stirring frequently, until thickened. Add small amount of cooked mixture to eggs; stir and pour into remaining mixture over heat. Cook 5 minutes longer. Add butter and vanilla. Cool; pour into pie shell. Top with halved fresh strawberries, whole blueberries or sliced peaches, etc. Cover with glaze; cool. Glaze: Stir 1/2 cup jelly (currant, apple or apricot) with 1 tablespoon water over low heat until jelly melts.

BABIES THE WORLD OVER have food needs that are pretty much the same. And Carnation Evaporated Milk is used more for baby feeding throughout the world than all other brands combined. Carnation is specially digestible... outstandingly nourishing... absolutely safe. Eight out of ten mothers who feed their babies a Carnation formula say—"My doctor recommended it!"

FREE BOOK ON BABY CARE
"You and Your Contented Baby". Send your request, with your name and address, to Mary Blake, Carnation Company Limited, Dept. YB, Toronto.



DOMINION

features the products of the MARITIMES

"In co-operation with the Atlantic Provinces Economic Council, of which your Dominion Stores is a member, we are pleased to feature Maritime Products throughout all our stores in the Maritime Provinces. Your Dominion Stores congratulates and wishes good luck to the Maritime Food Show being held in Moncton, April 28th and 29th. Dominion, being part of the community strongly believes in supporting local enterprise. Below are just a few of the Many Maritime Products at Dominion".

ISLAND PRODUCT PERFECTION
EVAPORATED MILK
6 TALL TINS **83¢**

VALUES IN EFFECT UNTIL CLOSING SATURDAY APRIL 26, 1958.

SHARE YOUR GOOD HEALTH BE A BLOOD DONOR

FRESH FRUIT & VEGETABLES

- FIRM FOR FRUIT SALAD
- BANANAS** 2 LBS. **39¢**
- P. E. I. GREEN MOUNTAIN
- POTATOES** 10 LB. CELLO **35¢**
- WASHED—READY TO USE—TENDER GREEN
- SPINACH** 10 OZ. PKG. **29¢**
- LARGE FIRM EGYPTIAN
- ONIONS** 2 1/2 lb. cello **29c**

From St. John, N. B.
CROSBY'S GOLD STAR
MOLASSES
QUART SIZE **33¢**

Save Time! Save Money!
DO-IT-YOURSELF ENCYCLOPEDIA
POPULAR SCIENCE EDITION
VOL. 2 ON SALE THIS WEEK ONLY **99¢**

- GROWN AND PACKED IN P.E.I.—FLAVOR PAK
- GREEN PEAS** 2 20 OZ. TINS **29¢**
 - A NEW BRUNSWICK PRODUCT—IN OIL OR MUSTARD
 - SARDINES** 3 REG. TINS **27¢**
 - PEANUT BUTTER** 4c off 16 oz. jar **33¢**

- PACKED IN P.E.I. FRASER'S
- Boneless CHICKEN** 5 oz. tin **33¢**
 - A PRODUCT OF BERWICK, N.S., GRAVES MOLASSES OR TOMATO SAUCE
 - PORK & BEANS** 20 oz. tin **17¢**

GUARANTEED MEATS

- MILD CURED BRISKET
- CORNERED BEEF** LB. **27¢**
- CHOICE ISLAND STEER
- SHORT RIB ROAST** LB. **69¢**
- LEAN AND TASTY
- PORK STEAK** LB. **59¢**
- FRESH OR CORNERED
- PORK HOCKS** lb. **39c**
- GOLDEN BROWN
- SMOKED FILLETS** lb. **29c**

- FROZEN FOODS**
- ONE PKG. McCAIN'S POTATO PATTIES FREE WITH TWO PKG. OF McCAIN'S
 - FROZEN PEAS** ALL 3 FOR **49c**
 - KOLD PAK
 - STRAWBERRIES** 15 OZ. TUB **39c**
 - McCAIN'S FROZEN
 - FRENCH FRIED POTATOES** 2 3 OZ. PKG. **39c**
 - EAST PAK
 - COD FILLETS** 1 LB. PKGS. **29c**

PACKED IN ST. JOHN, N.B.
LANTIC Granulated WHITE SUGAR
5 LB. BAGS **47¢**

ALL MERCHANDISE SOLD AT YOUR DOMINION STORE IS UNCONDITIONALLY GUARANTEED TO GIVE YOU 100% SATISFACTION

QUALITY MARITIME FOODS

FROM ST. JOHN, N.B. MCCREADY'S SWEET MIXED OR

- MUSTARD PICKLES** 24 OZ. BTL. **35c**
- PACKED ON P.E.I.—AVONDALE
- CHICKEN-ON-THE-BONE** 15 OZ. TIN **69c**
- A PRODUCT OF BERWICK, N.S. GRAVES
- APPLE JUICE** 48 OZ. TIN **29c**
- ISLAND PRODUCT FLAVOR PAK
- GREEN BEANS** 2 20 OZ. TINS **39c**

155 QUEEN STREET
DOMINION
DOMINION STORES LIMITED

Faster DRY CLEANING SERVICE
CUDMORE'S DRY CLEANERS
120 Kent St. Phone 4322