

LET'S EAT

How To Make Best Use Of Those Frozen Foods

By IDA BAILEY ALLEN
Indians froze buffalo meat in tepees. New England pioneers homesteaders froze venison, baked beans and mince pies in their woodsheds.

Today, we can either freeze our own vegetables, fruits, meats, entrees, breads, pies and other desserts in food freezers, or we can buy commercially frozen foods.

FAVORITE DISHES
What to do? Turn entirely to frozen foods? That would mean that many favorite family dishes would never be served.

Instead, use frozen foods in reasonable quantities to suit convenience. Try new kinds as they appear in the freezer cases in the market and build them into your regular fresh food menus, just as you build in canned goods of various kinds.

All frozen food packages have not yet been standardized for weight.

However, all vegetables contain 10 ounces per package with the exception of greens and cooked squash. Peaches contain 12 or 16 ounces, raspberries 10 or 16 ounces and whole strawberries 16 ounces.

For a family of two adults and a young child, buy a 10-ounce package. For three or four adults, two packages will be needed.

For twosomes with hearty appetites, buy 10-ounce packages. If it is not all eaten, refrigerate like any leftover and use the next day.

Tomorrow's Dinner

and the short two-piece pajama are proving real competitors to full-length slumberwear.

There are plaid flannel pajamas in such gay colors as red with black, piped in yellow. These pretties have brief bloomers and a shift top that just barely shows the bloomer ruffle.

DAINTY DESIGNS
Some delightful models in nylon rayon challis feature dainty designs of the fabric weave. Many shorties have prim little collars and long sleeves to give the illusion of being regulation winter sleep attire. Many stores are featuring smart three-piece ensembles consisting of bloomers, top and mocked coat. These are particularly good in challis.

Popular just now is the short pajama made up of a long "torso" sweater with turtle neckline matched up to a pair of Bermuda shorts. The college crowd is also keen on a nightshirt that is nothing but a long sweater! It looks odd, perhaps, but the girls say it is mighty comfortable and cozy.

Even the long-trousered pajamas love the sweater top, which may be a pullover or an honest-to-goodness button-up cardigan.

Well, who's complaining? The shorter the garment the less laundry is involved. This alone is something that makes the new sleepwear more appealing.

Oyster stew; vegetable platter of potato patties. Green beans and Broccoli au Gratin.
Fruit cocktail with pound cake. Coffee, tea or milk.

All measurements are level. Recipes proportioned for 4 to 6. Broccoli au Gratin: Cook 2 (10-oz. pkgs. quick-frozen chopped broccoli as directed on the pkg. Drain. Reserve 1/4 c. water.

In a saucepan, melt 4 tbsp. butter. Add 4 tsp. flour, 1/2 tsp. salt, 1/4 tsp. pepper and slow stir. Then add the reserved liquid and 1 1/2 c. milk. Stir-cook until thickened.

Add to the drained broccoli. Turn into a buttered qt. baking dish.

Combine 2 tbsp. melted butter with 1/4 c. enriched bread crumbs and 1/2 c. grated cheddar cheese. Sprinkle over the broccoli. Bake 20 min. in a hot oven, 450 degrees.

The Chef's way to pep up oyster stew: When heating frozen oyster stew, add a little minced celery, pimiento or minced, scalded green pepper, with 4 to 6 drops Tabasco.

STANLEY BRIDGE W. M. S.

On October 30th Mrs. Gordon Fyfe entertained members of Stanley Bridge W. M. S.

Mrs. Eric MacEwen conducted the devotional period using the theme: "A Dwelling Place of God"; Hymn 373 was sung, followed by a reading: "A Little Bit About the Bible", by Mrs. Lorne MacEwen. Prayer by leader followed by questions based on Ephesians were discussed. A poem "Pronouns" was read. Hymn 113 was sung, followed by Benediction.

Roll call was responded to by 14 members repeating a verse of scripture. Minutes were read and approved. It was decided to send for Christmas cards. Collection \$4.75. There were 15 home calls and 20 hospital calls during the past month.

Roll call at next meeting to be answered by each member giving a reading on Temperance. Devotional leader, Miss Olga Woolner. Lunch committee, Mrs. Eric Bell, Mrs. Earl Henry, Mrs. Carl Woolner.

Next month members will meet at the home of Mrs. Fred and Mrs. Eric MacEwen.

A very interesting letter was read from Mrs. W. O. Myers, a former member. Hymn 579 was followed by prayer by Mrs. W. I. Green.

MISCOUCHE H AND S

On Thursday evening, November 8th, the Miscouche Home and School Association held their monthly meeting in the convent auditorium Jerry Richard presided.

The highlight of this meeting was an interesting account of Miss Reid's address which the

following pupils had heard in St. Paul's Hall, Summerside: Bella Gaudet, Anne Wedge, Barbara Day, Barbara Roy, Jean Arsenault, Marie Arsenault, Emeline Bots, Air Cadet Peter Steele. Also a High School student gave an account of his trip to Europe. He showed slides of points of interest taken on his tour.

EDITH THOMPSON AUXILIARY
"Edith Thompson" Evening Auxiliary met on Tuesday, Nov. 13th, at the home of Mrs. Charles Green. The worship service, "A Dwelling Place of God," was led by Mrs. Walter Craig.

The president, Mrs. Arthur Murray conducted the business. Mrs. Ivan Davison read a letter from a pastor at Norway House, Manitoba, thanking the Auxiliary for a parcel of children's gifts. Plans were made for a contribution of wool blankets to be sent to same place in the near future.

The study book was presented by Mrs. Kenneth Muttart, assisted by Mrs. Norma MacFarlane and Mrs. Wilfred Craig. Several aspects of church life in Malaya and Indonesia were told.

Some further arrangements concerning the visit of Dr. Catherine Whittier were made. Meeting adjourned with Mizpah benediction.

WAGES INCREASE

OTTAWA (CP)—Average hourly earnings of Canadian manufacturing workers dipped by 3 cents an hour during August to \$1.521, reported Monday. However, average weekly wages rose by 18 cents to \$62.36, due to an increase of 12 minutes in the length of the average work week to 41 hours at Sept. 1.

BIRTHS, DEATHS INCREASE

OTTAWA (CP)—Canada's birth and death rate continued to increase in October. The bureau of statistics reported Monday that births in the month increased to 42,781 from 37,020 a year earlier, and deaths increased to 11,490 from 10,040. In the first 10 months of the year births rose to 377,607 from 370,420 and deaths to 110,079 from 105,935.

POLICE DESCRIPTION

An authority on charm suggests that a woman who wants a true description of herself can get it by sizing herself up as if she were lost, and then word a description that would really help the police to find her. It would be difficult to write down: "Stocky middle-aged woman, 40, 5' 4" tall, weighing about 165 pounds. Brown hair.

KEEP IN TRIM

Successful Cases Tell Great Losses In Diet

By IDA JEAN KAIN
Once there was a lady who ordered one of those dummy models—the "molded to your shape" kind—from the sewing machine company, and when she saw it she refused to accept it. Why it couldn't be her figure, it was a fright! What if her husband should catch sight of it!

The same thing happens in figure salons when a woman glimpses her own silhouette—a photograph in shadow which does not belittle the waist or minimize bulges. She looks at it, gulps, and wants to disown it!

There is nothing like an eye-opener. But all that most women have to go by is the mirror. The dictionary describes a mirror as that which gives a true representation, or that in which a true image may be seen. Psychologists interpret it quite differently, inferring that when a woman gazes in the mirror she sees a nice blend of what she used to look like, and about one-third of what she actually looks like. (No comment was made about what a man sees when he looks in a mirror.)

All this wishful thinking may seem far fetched, but there is more than a grain of truth in it. It isn't easy to see yourself. Chances are if you saw an exact duplicate of your own figure, you wouldn't want to own it. Not without flinching.

Dr. Timrud and Dr. Drooz are also man and wife, and they have living quarters adjoining their offices. She is a slim, brown-eyed native New Yorker and he is handsome, blonde Norwegian. Both were fully-qualified psychiatrists when they met and were married. The couple recalled their first meeting when in Montreal recently to attend sessions of the American Psychiatric Association.

SUDDEN ROMANCE

"It was quite sudden," said Dr. Drooz. "I was presenting a paper to a group of psychiatrists. 'And I was in the audience,' said Dr. Timrud. 'After the presentation, he told me that he thought I had a nice figure,' said Dr. Drooz. 'Yes, I don't remember too much about the paper,' said Dr. Timrud. A few months later they were wed and soon after started a private practice together. 'It works out really well, said Dr. Drooz. 'In between patients, I run out and put dinner on, or if I'm busier than he is, he cooks. It would be a lot harder if we had children.' Dr. Timrud said there is no sense of competition between them. 'It's convenient, actually. If a case comes up where we're in doubt, we can always fall back on each other for assistance.' They work eight hours a day, handling an average of about 16 patients, many of them writers and actors. 'These people know you don't have to be crazy to see a psychiatrist,' said Dr. Timrud.

Double chin." It would be an excellent plan if we could each have an exact replica of our figure made in dummy form. It's a safe bet this would motivate prompt action.

At any rate, it would be a good plan to take off our rose colored glasses when we look ourselves over. Or even to figure on the true facts. Anything over 110 pounds for five feet and 5 1/2 pounds for each extra inch is likely to be past pleasing. And a waistline that measures less than 6 inches less than the bust circumference would make a very bulky model!

The right pattern of eating takes care of weight problems. The new diet, stay slim for a lifetime, can help swing you into better food habits. The wake up and stretch exercise can slim off bulky inches.

Psychiatrists Are Man And Wife

MONTREAL (CP)—Dr. David Timrud and Dr. Irma Drooz are practising psychiatrists, and as colleagues they share a waiting room at their offices in New York.

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BRITISH ACTOR DIES
NEW YORK (AP)—Francis L. Sullivan, 53, famed British actor recently seen in the Broadway hit Witness for the Prosecution, died of a lung ailment today at Mount Sinai Hospital. A huge, florid-faced man with a voice of booming flexibility, Sullivan appeared in numerous radio, television and motion picture productions.

APOLOGIZED FOR TANTRUMS
LONDON (Reuters)—A London newspaper says Marilyn Monroe called together the technicians filming the Student Prince to apologize for being "heady." A technician told Daily Mail columnist Vincent Mulchrone that the Hollywood actress, who has just completed the picture with Sir Laurence Olivier, asked the staff to forgive her for holdups and rows in which she was involved during the filming.

INVESTIGATOR DIES
NEW YORK (AP)—Rudolph Halley, 43, who became nationally known to television audiences as counsel for the Kefauver crime investigating committee, died Monday. Following service with the United States Senate crime investigating committee under the chairmanship of Senator Estes Kefauver in 1950-51, Halley was elected to a term as president of the New York city council.

TYPHOON DESTROYS HOMES
PARIS (AP)—A typhoon which hit South Viet Nam last week was reported Monday to have destroyed 53,000 homes and left 20 or more persons dead or missing. Agence France-Press, quoting a report from the Vietnamese Red Cross, said the typhoon was a true "national catastrophe" which left "hundreds of thousands of people homeless."

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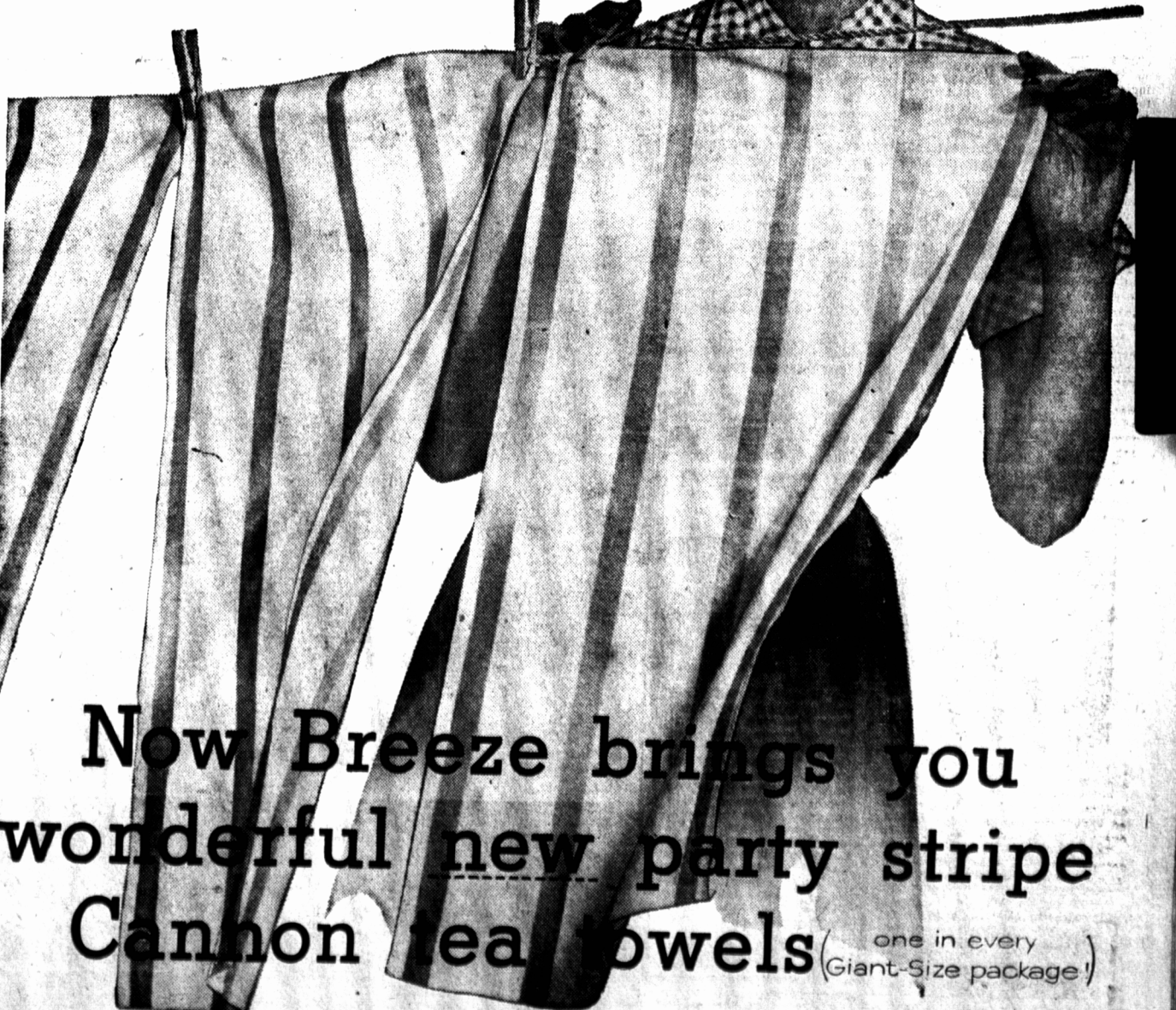
An afternoon sheath dress is made without a waist seam. The three-button top has an insert of grey wool flannel in this ensemble designed in Germany. The dress is worn with a matching cap. (CP Photo.)

ELEANOR ROSS

Shorter Slumber Togs Get Everybody's Vote

Whoever thought nightgowns and pajamas had to be long in order to be warm? Apparently that idea has dwindled away like many another long-established myth, as the college crowd comes to go in for dorm shorties. Some thing goes for their mothers too! Whether it's because we women are getting harder or whether it's because more of us are owing electric blankets, we don't know. The fact is that the short nightie

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(*=glamour plus comfort.)
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