SEPARATES

The new crop of separates, especially those created with an eye to informal but smart evening wear, are very well done. Here is an enchanting duo of blouse and skirt, the halter-type blouse pretied up with sissy ruffles and jeweled buttons. The fabric is white cotton. The skirt is of black cotton sheer over a taffeta slip. The cummerbund is red on one side, black on the other.

KEEP IN TRIM

Modern Reducing Diets Include Extra Protein

By IDA JEAN KAIN

The science of nutrition has taken the hazards and the hunger out of reducing. The principle of reducing is this: When the calories in the daily diet are cut below requirements, nature is forced to draw on reserve fuel stored in excess pounds and body fat is lost.

Whether or not you are dieting, the body is constantly repairing and renewing itself. For this vital reason, the protective foods which furnish the necessary repair materials must be included in adequate amounts in a safe reducing diet.

Or to express it another way . . . think of the extra pounds as being made up of fats, starches and sugars, materials that can be safely drawn on for part of your energy needs. Carry it further . . . think what these stored pounds lack. They lack protein, minerals and vitamins, the very nutrients needed daily. The well nourished body has some reserves of these vital materials, but there is no effective storage. And that is why the daily diet, regardless of calorie restriction must be built around the foods that cover these protective requirements.

Modern adequate reducing diets contain as much or more protein than is normally used. A safe diet must contain adequate protein to make good the upkeep and repair of body tissue. It is advantageous to have extra protein (and by extra is meant protein not needed for tissue repair), since protein stimulates the metabolism. For this reason, modern reducing diets include one or two eggs, a pint of skim milk or buttermilk or one glass of milk and an ounce of cheese or one-half cup of cottage cheese, and 5 or 6 ounces of lean meat, fish or chicken.

Carbohydrate foods (sugar and starches) are burned more quickly than any other foods, and are especially to be watched on a reducing diet. It is important, however, to include some carbohydrate in each meal, for a small amount acts as "kindling" and helps to burn fat clean, preventing acidosis. Therefore, the scientific reducing diet includes some potato, a small amount of bread or cereal, fruits and vegetables. On limited calories, pies, cakes and candies boost calories too high and defeat your purpose.

Its' a happy fact that including the protective foods in adequate amounts on a low calorie diet can even increase your energy as the pounds are being lost. That's the way to feel wonderful on a diet.

HUNTER RIVER W.I.

The members of the Riverview Women's Institute met at the home of Mrs. W. I. Bowman for the March meeting. The president, Mrs. P. R. Boyle, presided and chaired the meeting which was opened by singing the Island Hymn, followed by the Mary Stewart collect in unison.

The roll call was answered by the members giving suggestions for improvement to school and grounds. The minutes were approved as read. The treasurer reported fourty-three dollars and seventy cents had been realized at the Valentine social. Bills were moved paid.

The Institute showed appreciation to Mrs. Reagh Bagnall who had made the blackout curtains for the school when using the projector. It was moved to give two dollars to the Drama Festival, also to give two dollars to the Multiple Sclerosis Society.

On motion to give a scholarship of five dollars to each pupil in the school who will successfully pass entrance exams and to give five dollars extra to the one making the highest mark. Sewing Club leaders reported on their activity.

Miss Mary MacKay, principal of the school, gave a talk on education and showed designs made by pupils. Miss Cecelia McQuaid, assistant teacher, showed drawings and printing which had been done by her pupils. Miss McQuaid put on a contest delving into the artistic intellectual merit of the W.I. members. This was won by Mary MacKay.

A vote of thanks was extended to the teachers for their interesting program on Education. Lunch was passed by committee in charge assisted by Mrs. Bowman.

The April meeting will be held at the residence of Mrs. Clarence MacGuigan. Miss Doris Anderson of the Home Economics will be in attendance and will demonstrate making fancy sandwiches.

CARLETON M.B.

The Happy Sunbeams Mission Band, Carleton branch of Cape Traverse United Church met for its monthly meeting on Tuesday afternoon March 12, afterschool at the home of Dawna and Ralph Muttart.

Meeting opened with the president, Elva Howatt; presiding. Meeting opened with the singing of the Mission Band hymn, followed by repeating the Mission Band Purpose.

Offering was received by Ralph Muttart, during that time the members sang "Hear the Pennies Dropping." Roll call was take with 30 members present. Minutes were read, and approved. The Treasurer gave her report.

Dale and Donna Morrison, Margaret Cairns and Diannne Hill have birthdays this month. As they came to the center of the room the members sang "Happy Birthday" to them.

A vote of thanks was moved to Mrs. Muttart, by Linda Paynter and seconded by Eric MacWilliams, for entertaining us this afternoon. Stories were read by the leaders. The April meeting will meet at the home of Brenda Quigley.

Dale Morrison had charge of the Worship service. Hymn 583 "Father we thank thee" for the night was sung. Scripture reading by Brenda Quigley. Prayer by Dale Morrison. A duet, "When he cometh" was very sweetly sung by Gerald Somers and Linda Paynter Hymn 596 Father lead me day by day was sung. Brenda distributed "World Friends." Meeting closed by prayer, Mrs. Albert Morrison treated us with fudge.

ST. JOHN'S W.A.

On February 27 the W.A. of St. John's Anglican Church met at the Rectory with Mrs. E. E. Piercey as hostess. Meeting opened with devotional period led by Mrs. Ernest Coles president. Hymn: 'What a Friend We Have In Jesus' was used. Mrs. Brenton Coles read the scripture.

Roll call was answered by 18 members, 3 visitors were present. Minutes of the last meeting were read, approved and signed.

Correspondence consisted of a vote of appreciation and the report of a recent W. A. Board meeting. An invitation from Princetown W. M. S. to attend a World Day of Prayer Service was received and accepted. Greetings from two former members were brought to the meeting. Mrs. Gerald Hooper extended greetings from Mrs. Phillips (the mother of Rev. W. J. Phillips a former Rector) now residing in England. Mrs. Ray Goles extended greetings from Mrs. Johnson (a former Rector's wife) now residing in Ontario.

Mrs. Piercey, appointed to replenish church linen at the W. A. expense, was authorized to order what was necessary. Several articles were completed and added to the bale. A donation of a girl's dress from Mrs. Gerald Hooper was gratefully received.

A very interesting item of the meeting was a shower of wedding gifts for the branch's newlywed. Prayer partners, Rev. and Mrs. D. B. Brown, missionaries in Western Canada, Mrs. Roy Coles, prayer partner's secretary received and mailed the gifts.

Busy work for the meeting consisted of quilting for the hostess. Collection amounted to $3.40. Mrs. C. R. Birt very kindly increased the funds with a donation of $10.

Mrs. Loren Thompson invited the next meeting. Afternoon tea was served ty the hostess, assisted by two members.

ST. ANDREWS C. W. L.

The regular monthly meeting of the St. Andrew's sub-division of the C.W.L. was held in the Parish Hall on March 10. The President called the meeting to order. The director, Rev. Geo. MacCormack opened the meeting with the League prayer.

The minutes of the last meeting were read and approved. The treasurer, Mrs. Harold MacDonald, gave her report. The bingo report was given by Mrs. Bertram MacDonald. Mrs. John F. MacMillan gave the report from the various card parties. Mrs. Jas. A. MacDonald reported a membership to date of 125.

The ladies of St. Peters Lake district are asked to clean the church this month. A committee was appointed to look after the election of officers for the coming year as follows: Chairman, Mrs. Cyrene MacDonald, Mrs. John F. MacMillan and Mrs. Charles Campbell.

A number of letters of appreciation were read by the secretary from those shut-ins who received gifts at Christmas. It was moved and seconded that $20. be sent Our Lady's Missionaries. It was moved and seconded that $5. be given the National Girls Scholarship fund.

Letters were read by the secretary as follows: One from the provincial convenor of Social Action, Mrs. Cecil McCarthy; one from Mrs. W. J. P. MacMillan, provincial convenor of Immigration; one from the diocesan convenor of Resolutions, Mrs. Ramsay; one from Mrs. Arthur Cain, convenor of magazines.

It was moved and seconded that the provincial and national dues be paid. It was decided to hold a raffle in the hall on Wednesday, March 20th. Mrs. Bertram MacDonald, Mrs. Harold MacDonald, Mrs. Wilfred Affleck kindly volunteered to take charge of same. Some discussion took place concerning a variety concert to be presented after Easter.

The meeting closed with prayer.

ROLLO BAY E. W.I.

On Thursday evening, March 7th, 13 members of Rollo Bay East W.I. met at the home of Mrs. Francis W. Deagle for their March meeting. The president presided, opening the meeting with the singing of the Ode, followed by Roll Call which was answered with an Irish Joke.

Minutes of the previous meeting were read, approved and signed and the treasurer's report given. Correspondence was read and discussed. Three members agreed to canvass the district for funds in aid of Souris Hospital.

It was decided to have the school cleaned before the next meeting and to send for cotton remnants to auctioned at a later date. Meeting adjourned after which a dainty lunch was served by the hostess, assisted by Mrs. George Christian and Misses Mary and Barbara Eagle.

Piano selections were rendered and songs by several members and a social hour enjoyed. Next meeting to be held at the home of Mrs. George Christian where roll call will be answered with a Housecleaning Hint.

PARKDALE W.I.

"An educated man is one who can entertain a new idea, entertain another person, and entertain him self", was the quotation chosen for the March meeting of the W. I.

Meeting opened by singing "School Days", followed by the Creed. The money making activities for the month had increased the treasury by a substantial sum. The convener of the hall committee reported the hall rented to the Charlottetown Driving Park for few days.

The Convention Area Leadership Course is booked for March 27th and 28th. Mrs. Douglas and Mrs. Trevin were delegates to the Red Cross annual meeting. Refreshment committee for april: Mrs. H. Clay, Mrs. B. Westhover, Mrs. I. Webster, Mrs. H. Vessey.

Donations were given to the Red Cross and the Multiple Sclerosis societies. Mrs. Mitton reported the Guides doing good work, and a project had been undertaken for the remainder of the term. Mrs. K. MacKay stated that she and Mrs. L. Johnston had received their warrants. Mrs. D. McAskill reporting for the Cubs and Scouts, told of a successful Father and Son Banquet, a cake sale and a concert held recently.

The program convened by Mrs. H. MacDonald featured a panel discussion on "Preparing the Child for School" with Miss C. Fraser, Miss R. Ross and Miss M. Clay as speakers. This proved to be very interesting and informative especially to the mothers of preschool children. A question period followed. The president extended a hearty vote of thanks to the members of the panel. After a social hour spent over the tea-cups the meeting adjourned.

GREENVALE W.I.

The March meeting of Greenvale W.I. was held on the 12th., at the home of Mrs. John Carew with eight members present. The vice-president, Mrs. Weeks, conducted the meeting which was opened by singing the Ode and repeating the Creed. The minutes of last meeting were read and approved.

It was moved gy Mrs. MacPherson and seconded by Mrs. Sentner that $5.00 be sent to the Red Cross. It was decided to start a travelling apron and to invite a neighbouring group to present their concert. Various articles of children's clothing were handed into the Red Cross convener.

It was reported that towels were needed for the school. Three members put money in the Birthday Box and the collection amounted to 60 cents. A bill of 14 cents was paid.

The following committees were appointed: Sick- Mrs. Sentner, Mrs. Sterling MacRae and Mrs. Gamester; school- Mrs. Wonnacott sympathy- Mrs. Weeks.

The questionaire on Education was completed. Mrs. Weeks invited the members to her home for next meeting. Roll call to be answered by paying according to size of shoe. A contest of scrabbled words was enjoyed after which the meeting was closed by singing "God Save the Queen". A delicious lunch was served by the hostess, assisted by Mrs. Silliphant and Mrs. Wonnacott.

MILLCOVE W.I.

The March meeting of the Millcove W. I. was held at the home of Mrs. Lloyd McIntyre with an attendance of 12 members. Meeting opened in usual manner and minutes of previous meeting were read. Correspondence was read and discussed.

Sick committee reported 3 visits made to members, and bill was paid. New sick committee: Mrs. Frank Connick, Mrs. Reg Hooper. New programme committee is Mrs. Herrell Arbing. Roll call for next meeting to be answered by a grab bag.

It was decided to pay share of the Vocational School Scholarship fund. Music teacher was paid for a half term.

A card party is to be held at the home of Mrs. J. MacQuaid, on Tuesday, March 19th. Members to donate articles to play for. Mrs. O. Shreenan conducted a contest won by Mrs. H. Arbing.

Mrs. Herrell Arbing kindly invited the members to her home for the next meeting, to be held Tuesday, May 7th. The meeting closed and a delicious lunch was served by the hostess.

Army Announces Appointments

OTTAWA (CP) — Army headquarters Wednesday announced new appointments for three lieutenant-colonels and retirement of another.

Lt.-Col. F. J. MacLean, 57, of Prince Albert, Sask., commander of No. 14 Company, Royal Canadian Dental Corps, Winnipeg, will retire May 1.

He will be succeeded by Lt.-Col. E. Carl Purdy, 46, of Toronto, now assistatn director of dental services at headquarters here.

Lt.-Col. Paul Herve Bazinet, 39, of Montreal, commander of 2nd Field Ambulance, Royal Canadian Army Medical Corps, Camp Valcartier, Que., becomes area medical officer at Quebec City for Eastern Quebec area.

Lt.-Col. David E. M. Bell, 42, [illegible]

Matric Coach Was Educated In Five Countries

VANCOUVER (CP) — A small matriculation school to coach students is conducted here by Mrs. Geoffrey Benny and her mathematician husband.

The young, slender teacher was educated in five countries and coaches students in French, English, German and Dutch. The Bennys, who have two children, help people who have returned to studying to complete requirements for university entrance examinations.

Mrs. Benny was born in Sumatra, daughter of a rubber plantation owner and his novel-writing wife. Her mother, Madelon Lulofa, has had several novels published in Europe.

Mrs. Benny left Sumatra when she was five to attend schools in Australia, Holland, Hungary, the Channel Islands and finally Switzerland. She came to Canada from Switzerland 17 years. ago.

For a time at Ottawa she worked as secretary to the private secretary of Princess Juliana of the Netherlands. ..

Acceptance And Ferry Flight Flies Anywhere In Anything

CALGARY (CP) — Men of 129 Acceptance and Ferry Flight detachment of the RCAF here have a unique occupation requiring a variety of flying skills. It's a job guaranteed to keep the pilots on the move.

The unit, formed in 1948 is the only one of its kind in Canada and has eight pilots. It is part of Air Material Command and is charged with testing and delivering new aircraft, picking up planes and ferrying them to Calgary for repairs and running freight and personnel to spots such as Churchill, Man.

The eight pilots range in age from 23 to 37 with at least half in their 30s. All are seasoned pilots with a total of more than 25,000 hours in the air among them. Detachment commander Flt. Lt. Don Souter, 33, heads the list with 5,470 hours in the air.

BREEDS VERSATILITY

No special qualifications are required, but Flt. Lt. Souter says the job breeds versatility. The pilot must "check out" on 14 different types of aircraft, any one of which he may be called on to fly at any time.

"It's a good life," says F O Neil Almond, a five-year veteran with the outfit, "but you have to travel light. You're lucky if you have time to pack a toothbrush most of the time."

What often starts as a short one-hour return hop to Lethbridge, Alta., for a pilot ends up in a flight to Toronto or Trenton or some other distant air base. From those points, the pilot may ferry a plane to a other station and return home after being away as long as two weeks.

A look at the diary of FO Al Arnold, with the detachment three months, shows this hectic week:

Tuesday: Ferried crew of C 119 Flying Boxcar to Edmonton and returned.

Wednesday: Was flown to Lethbridge and tested CF-100. Delivered jet to RCAF base at Cold Lake, Alta. Picked up Expediter and returned to Calgary.

Thursday: Was flown to Edmonton to pick up new T-33 jet trainer. Delivered it to Sea Island, Vancouver.

Friday: Joined another AFFD crew and flew back to Calgary with a Canso for overhaul.

Monday: Flown to Lethbridge where tested CF-100, then delivered to its manufacturer at Toronto for modification.

Tuesday: Proceeded to Trenton, Ont., picked up another CF-100 and delivered it to Cold Lake. Was picked up by another detachment pilot and returned to Calgary.

In this week, FO Arnold flew just 35 hours and 15 minutes. The weekly average for detachment pilots is between 60 and 70 hours.

Despite such hazards as flying shaky aircraft to Calgary for repairs, the detachment has a fine safety record. In more than eight years of operation, it has had no fatal accidents and no accidents due to pilot error.

Campaign For Women In Anglican Church Ministry

By WALTER DAVIS

LONDON (Reuters)—A group of women is making a new attempt to end the ban on women ministers in the Church of England.

Known as the Anglican Group for the Ordination of Women, it passed a resolution at a recent annual meeting to campaign actively within the Church of England for its views.

Hitherto, the group, which was founded in 1930' has deliberately refrained from public debate on the issue.

But it now believes the time has come to give women a chance to enter the ministry. The women have decided to end their restraint and put forward a reasoned case. They are making plans to promote discussion within the Church of England through pamphlets and study groups.

CITES PREJUDICE

"In our view," they have declared, "the strength of the opposition to women lies less in theology than in psychological prejudice inherited from primitive times. It seems to us irreverent to refuse to test a woman's claim to have received a call from the Holy Spirit of God, while accepting the assurance to that effect from male candidates."

At present, women may preach and conduct statutory services such as morning and evening prayers in certain circumstances. But they may not celebrate holy communion or officiate at marriages or funerals.

The only churches in England in which women have equal status with men are the Congregational, Baptist and Unitarian free churches. The Congregationalists have 43 women ministers, the Baptists eight and the Unitarians three.

ANGLICANS DIVERGE

St. Paul's injunction, "Let your women keep silence in the churches for it is not permitted unto them to speak," has caused sharp divergence of practice in the Church of England.

In the Province of York, comprising 14 dioceses in the North of England, lay women are licensed to take part in morning and evening prayer and to give addresses at these services.

But in the Province of Canterbury, whose 29 dioceses cover the rest of the country, this use of women is not generally allowed. A proposal to enable women to perform these functions was rejected by the lower house of Convocation of Canterbury in May, 1956. It is this rejection which has spurred the Anglican Group for the Ordination of Women to launch its campaign.

U. S. Army Started The Alaska Highway Just 15 Years Ago

DAWSON CREEK, B.C. (CP)—No major events have been planned to mark the 15th anniversary of the start of construction on the Alaska Highway, but silent tribute is paid daily by those traversing the route to the far north.

It is just 15 years since a small group of United States Army engineers arrived in this northeastern British Columbia town to begin one of the construction epics of the Second World War.

They were the advance guard of the 10,000 U.S. soldiers and 2,000 civilians who were charged with the job of pushing a highway 1,600 miles through a wilderness of rock, muskeg and timber to Alaska.

ALL-WEATHER ROAD

Ten months later, the road had been pushed through and a year after that, the entire project had been completed. A permanent all-weather gravel-surfaced highway linked Dawson Creek and Fairbanks, Alaska.

The highway, still important in defence plans of both Canada and the United States, now is maintained by a Canadian Army staff of Kingston, Ont., now serving with 1st Field Ambulance, Camp Borden, Ont., is appointed area medical officer at Fredericton for New Brunswick area.

The northern perma-frost, which of 350 men who repair the roadway and bridges during the summer and patrol and snowplow during the winter, along the 1,221-mile Canadian section.

In the 15 years since construction was begun, the highway has changed from a vital part of the war effort to a busy commercial route playing a large part in opening Canada's northland.

Evidence of its importance to the North is the fact that in the 12 months between Sept. 1, 1955 and Aug. 31, 1956, it was traversed by more than 20,000 vehicles, carrying 75,000 passengers and 13,000 tons of freight.

STRANGE TO NORTH

The U.S. troops who did the highway job were mostly fresh from civilian life and not used to hardships of life in the far north. Three of the seven regiments facing the rigorous cold were Negro troops.

To complete the job, the engineers faced a host of obstacles. Hundreds of streams had to be bridged, many of them quiet trickles most of the year but bridge smashing torrents in spring. A route had to be chosen through dense forests, deep swamps and jagged mountains.

turned the ground into a hopeless mire when topsoil was removed, presented one of the toughest

All were solved, however, and in October, 1943, the job was completed. The first truck convoy rolled over the route to arrive at Fairbanks Oct. 31, 1943. Two weeks later, bus service was started between Dawson Creek and Fairbanks.

The road was built and paid for by the U.S. on the understanding that it would be turned over to Canada after the war. On April 3, 1946, at a ceremony at Whitehorse, Yukon, Lt.-Col. J. R. B. Jones of Edmonton received the system on behalf of Canada from Hon. Ray Atherton, U.S. Ambassador to Canada.

SUNDAY DRIVERS

THE HAGUE (AP) — Economics Minister Jelle Zijlstra Monday ended The Netherlands' ban on Sunday driving imposed as a result of the Suez oil crisis. The Royal Netherlands Automobile Club said earlier this month that the demand for gas had declined after a recent price rise.

CIGARET DUMPING

BOSTON (AP) — Massachusetts has become a "dumping ground" for smuggled cigarets on which no state taxes have been paid, the state tax department said Monday. Smugglers choose Massachusetts for dumping loads of cigarets at "bargain" prices because other New England states have lower cigaret taxes, a spokesman said.

Gives Statistics On Fur Industry

OTTAWA (CP) — Women's fur coats, jackets and boleros continued as the most popular items in the fur-goods and dressing industries during 1955, the bureau of statistics reported Wednesday.

The three fur garments accounted for 78 per cent of the industries' total shipments and were valued at $47,187,000, an increase of $1,924,000 from $45,263,000 during 1954.

The fur goods industry shipped products with a total factory value of $60,349,000, an increase of $1,884,000 from $58,465,000 during 1954.

The value of fur pelts produced on Canadian fur farms rose to $11,902,000 during 1955 from $12,975,000 the year previous, an increase of $2,927,000. Sales of live fur-bearing animals decreased by $219,000 to $1,112,000 from $1,392,000.

Mink topped the market in both number of pelts produced and total value with 786,800 pelts valued at $15,787,500.

Average prices of mink pelts ranged from $15.82 for standard mink to $25.38 for mutuation mink Prices for all pelts, including fox and chinchilla, increased slightly during 1955.

HEAVY LOAD

The main span of Ayrstralia's Sydney harbor bridge carries four railway tracks, a wide roadway and two footpaths.

Air Bridge Immigrants Find First Flight A Tria.

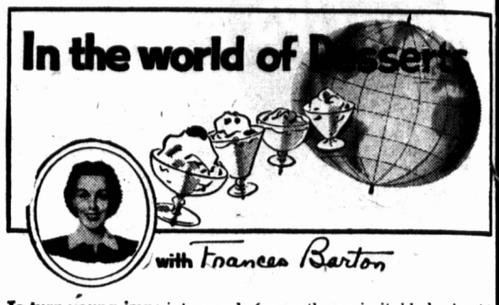
VANCOUVER (CP) — Some of the 29 Britons who arrived here from England Sunday in the first span of the Canadian Air Bridge immigration scheme expressed dissatisfaction with travel conditions they encountered across Canada.

They spent 43 hours in a DC-4 airliner between London and Vancouver's International Airport and one man, a sales manager, said "there were 10 too many people on the plane."

The 75 people aboard, including 46 Hungarians, were the first group of European immigrants to reach Western Canada in the Air Bridge scheme. Some 25,000 migrants are expected by the end of August.

FOOD OVERLOOKED

Alec Rankin, a sales manager in Britain, grumbled that the plane was "much too overcrowded." He said that from Gander airport in Newfoundland to Winnipeg none of the passengers had a proper meal. "We were served with a packet lunch after a two-hour wait at Toronto—that's all. We were made to feel we were lucky to get that."



To turn young imps into angels (or soothe an irritable husband!) nothing is quite so effective as promise of a favorite dessert, Lemon Pie for instance — with the smooth, delicious kind of filling you make with Jell-O Lemon Pie Filling. It's the quick, easy, *sure* way to make lemon filling that's fresh and tangy and flavorful . . . just-right in consistency. And there are many delightfully *different* ways to serve lemon pie.

Here's a simple-to-make modification of Cheesecake that's most delicious.

PINEAPPLE CHEESE SQUARES

1 package Jell-O Lemon Pie Filling
¾ cup sugar
1 cup water
1 egg, unbeaten
⅔ cup light cream or top milk
1 pound cottage cheese, sieved
⅔ cup drained canned crushed pineapple
6 graham wafers, finely crushed

LEMON PIE, COCONUT CRUST

2 tablespoons soft butter
1½ cups Baker's Coconut
1 package Jell-O Lemon Pie Filling

Spread butter evenly on bottom and sides of 8- or 9-inch pie pan, coating inside of pan thoroughly. Sprinkle coconut in pan, pressing evenly into butter. Bake in slow oven (300°F.) about 15 minutes, until lightly browned. Cool. Prepare Jell-O Lemon Pie Filling according to package directions; cool 5 minutes, stirring once or twice; pour into crust. Chill. Wonderful topped with whipped cream.

Secret of the fresh tang of Jell-O Lemon Pie Filling — the flavor is pure fruit from real lemons.

Combine Jell-O Lemon Pie Filling, sugar and ¼ cup water in saucepan. Add egg; blend well. Add cream and remainfng water. Cook and stir over medium heat until mixture comes to full boil and is thickened — about 5 minutes. Remove from heat. Cool 5 minutes, stirring once or twice. Add cottage cheese and pineapple. Sprinkle half of wafer crumbs in 9 x 9 x 2-inch pan. Pour in lemon mixture. Sprinkle with remaining crumbs. Chill. Cut in squares. 8 servings.

CHEESECAKE — plain or with fruit added — has lately been catching the fancy of families all across the country. And there's much to be said for desserts that add good cheese protein to meals!

Jell-O is a registered trade mark owned in Canada by General Foods, Limited

JELL-O Lemon Pie Filling

K 37

Bringing Up Baby

HINTS COLLECTED BY Mrs Dan Gerber (MOTHER OF 5)

Frequent question that pops up in many of the warm and wonderful letters I receive from mothers: "Are you a real or a just-pretend person?" Well, if you could see and hear the happy hubbub when the whole family gathers, there would be little doubt about how very much alive this mother of five and grandmother of six really is.

* * *

Footwarming note for nippy March days. A pair of dad's woolen socks, slipped over junior's shoes, will keep toes and ankles cosy when baby's in his stroller.

* * *

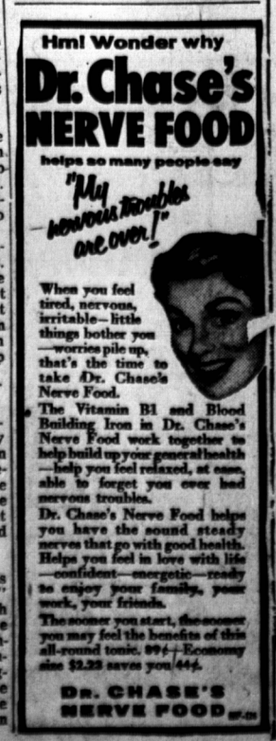
Casserole cue for you-know-who: Two Gerber goodies with a nice grown-up flair: Beef & Noodles with Vegetables, and Chicken & Rice with Vegetables. These delicious dishes are unusually flavorful and nutritious because they combine 3 important food groups—vegetables, meat and cereal—all in one main dish. The tender, evenly minced texture makes them ideal transition foods between strained and family table foods.

* * *

Double duty. A toddler's wagon can also serve as a storage bin for small toys. You can teach your little traveler his first lesson in neatness by making a game of putting toys away, using the wagon as a collector.

* * *

Double indemnity for little-girl dresses. When your darling's dresses get too short, snip off the skirts, hem the waists and use them for blouses under little jumpers. They're cute as can be.

* * *

Relief measure for teething tots. Gerber Teething Biscuits are a great help when it comes to soothing aching little gums. Extra-smooth surfaced, they're ever so easy on baby's gums. Extra hard, they provide the biting satisfaction baby wants and needs. Gerber Teething Biscuits are mildly flavored and baked in a special shape designed to fit little hands perfectly. Gerber Baby Foods, Niagara Falls, Canada.